



Gold Squad Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM				6:30 - 7:30 (25m pool)	6:00 - 7:00 (50m pool)	
Swim PM	4:00 - 5:00	5:45 - 6:45		(ESIII pool)	(Som poor)	
	(50m pool)	(25m pool)				