

Stingrays and Electric eel's

Week One, July 6-12

M 6/7 4.30-5.30pm

T 7/7 7.30-8.30am

W 8/7 off

Th 9/7 4.30-5.30pm

F 10/7 4.30-5.30pm

S 11/7 off

Week Two, July 13-19

Inhouse camp. All swimmers are encouraged to attend all sessions

M 13/7 7.30-8.30am 4.30-5.30pm

T 14/7 7.30-8.30am

W 15/7 7.30-8.30am 4.30-5.30pm

T 16/7 7.30-8.30am **Mini meet Vs Capital**

F 17/7 7.30-8.30am 4.30-5.30pm

S 18/7 off

Seahawks

Week One, July 6-12

M 6/7 6.00-7.30am 5.30-7.00pm

T 7/7 5.30-7.00pm

W 8/7 6.00-7.30am

Th 9/7 5.30-7.00pm

F 10/7 6.00-7.30am 5.30-7.00pm

S 11/7 6.30-8.00am

Week Two, July 13-19

Inhouse camp. All swimmers are encouraged to attend all sessions

M 13/7 6.00-7.30am 5.30-7.00pm

T 14/7 5.30-7.30pm

W 15/7 6.00-7.30am

Th 16/7 6.00-7.30am **Masterton meet**

F 17/7 **Masterton meet** 5.30-7.30pm

S 18/7 6.00-8.00am

Hammerheads/Tigersharks

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M 6/7 6.00-7.30am 5.30-7.00pm
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W 8/7 6.00-7.30am
Th 9/7 6.00-7.30am 5.30-7.30pm
F 10/7 6.00-7.30am 5.30-7.30pm
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S 18/7 6.00-8.00am