

Morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	5:30 - 7:30 AM	5:30 - 7:30 AM	5:30 - 7:30 AM	5:30 - 7:30 AM	5:30 - 7:30 AM	6:30 - 8:30 AM
Silver			5:30 - 7:30 AM			6:30 - 8:30 AM

Afternoon	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	3:30 - 6:00 PM	3:30 - 6:00 PM	3:30 - 6:00 PM	3:30 - 6:00 PM	3:30 - 6:00 PM	6:30 - 8:00 AM
Silver	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	4:00 - 6:00 PM	6:30 - 8:00 AM
Bronze	3:15 - 4:30 PM	3:15 - 4:30 PM	3:15 - 4:30 PM	3:15 - 4:30 PM	3:15 - 4:30 PM	6:30 - 8:00 AM
Mini Squad*	3:15 - 4:00 PM	3:15 - 4:00 PM	3:15 - 4:00 PM	3:15 - 4:00 PM		
Relay Squad	Times discussed with Noel					

* Maximum of 3 sessions per week

All swimmers require a swimming cap; IGS students must wear the IGS cap.

Punctuality is important to me