

# ITAC - Squad Timetable 2018

Squad levels	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Offer	Required
Junior Dolphin	AM		6-7am				8.30-9.30am	7	2
	PM	3.30-4.30pm	3.30-4.30pm	3.30-4.30am 4.30-5.30pm	3.30-4.30pm	3.30-4.30pm			
Teen Swimfit	AM		6-7am				9.30-10.30am	5	1-2
	PM			7-8pm	7-8pm	4.30-5.30pm			
Bronze Squad	AM		6-7.30am		6-7.30am		7.30-8.30am	7	4
	PM	4.30-5.30pm	4.30-5.30pm	4.30-5.30pm	4.30-5.30pm				
Silver Squad	AM	5.30-7am		5.30-7am		5.30-7am	6-7.30am	8	5-6
	PM	5.30-7pm	5.30-7pm	5.30-7pm	4.30-5.15pm dry land 5.30-7pm pool				
Gold Squad	AM	5.30-7.30am		5.30-7.30am	5.30-7.30am	5.30-7.30am	6-8am	9	6-8
	PM	5-7pm	5.30-7pm pool	5-7pm	4.30-5.15pm dry land 5.30-7pm pool				
<b>Adult swimfit &amp; UNI fit</b>									
Adult Swimfit & UTS Squad	AM				6-7am			6	1-3
	PM	12.15-1.15pm		12.15-1.15pm		12.15-1.15pm			
Adult Swimfit and Stroke Correction & UTS Squad	PM		6.30-7pm gym 7-8pm pool		6.30-7pm gym 7-8pm pool			6	1-3

## Contacts

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