

Nicholls Swim Academy Coaching Services Schedule Effective 2nd Sept 2017

		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	AM
Perform	4	5:15-7:15	6:00-8:00	5:15-7:15	6:00-8:00	5:15-7:15			5:45-8:00	5:15-7:15	5:30-7:30	6:00-10:00	
	3	5:15-7:15	6:00-8:00	5:15-7:15	6:00-8:00	5:15-7:15			5:45-8:00	5:15-7:15	5:30-7:30	6:00-10:00	
	2	5:15-7:15	6:00-8:00	5:15-7:15	6:00-8:00	5:15-7:15			5:45-8:00	5:15-7:15	5:30-7:30	6:00-10:00	
	1	5:15-7:15	6:00-8:00	5:15-7:15	6:00-8:00	5:15-7:15			5:45-8:00	5:15-7:15	5:30-7:30	6:00-10:00	
Race	4	6:00-7:15	4:30-6:00		4:30-6:00	6:00-7:15	5:30-7:30		4:30-6:15	6:00-7:15		8:00-10:00	9:00-10:00
	3		4:30-6:00		4:30-6:00		5:30-7:30		4:30-6:15			8:00-10:00	9:00-10:00
	2		4:30-6:00		4:30-6:00		5:30-7:30		4:30-6:15			8:00-10:00	9:00-10:00
	1		4:30-6:00		4:30-6:00		5:30-7:30		4:30-6:15			8:00-10:00	9:00-10:00
Development	4				3:30-4:30		3:30-4:30				4:30-5:30	10:00-11:00	10:00-11:00
	3				3:30-4:30		3:30-4:30				4:30-5:30	10:00-11:00	10:00-11:00
	2				3:30-4:30		3:30-4:30				4:30-5:30	10:00-11:00	10:00-11:00
	1				3:30-4:30		3:30-4:30				4:30-5:30	10:00-11:00	10:00-11:00
Skill	4		3:30-4:30				4:30-5:30		3:30-4:30		3:30-4:30		11:00-12:00
	3		3:30-4:30				4:30-5:30		3:30-4:30		3:30-4:30		11:00-12:00
	2		3:30-4:30				4:30-5:30		3:30-4:30		3:30-4:30		11:00-12:00
	1		3:30-4:30				4:30-5:30		3:30-4:30		3:30-4:30		11:00-12:00

Skills and Development program swimmers nominate 1 or 2 sessions per week that they will attend