

Nicholls Swim Academy Coaching Services Schedule Effective 14 October 2019

Name: _____

Level: _____

		Monday		Tuesday		Wednesday		Thursday	Friday		Saturday	Sunday
		AM	PM	AM	PM	AM	PM	PM	AM	PM	AM	AM
Perform	4	5:15-7:15	5:30-7:30	5:15-7:15	Dryland Training 6:00-8:00	5:15-7:15	Marton 5-7pm	Dryland Training 5:15-7:30	5:15-7:15	5:30-7:30	Marton 7:00-11:00	
	3	5:15-7:15	5:30-7:30	5:15-7:15		5:15-7:15			5:15-7:15	5:30-7:30	Marton 7:00-11:00	
	2	5:15-7:15	5:30-7:30	5:15-7:15		5:15-7:15			5:15-7:15	5:30-7:30	Marton 7:00-11:00	
	1	5:15-7:15	5:30-7:30	5:15-7:15		5:15-7:15			5:15-7:15	5:30-7:30	Marton 7:00-11:00	
Race	4	6:00-7:15	4:00-5:30		4:30-6:00	6:00-7:15	5:30-7:30	4:00-5:15	6:00-7:15		8:00-10:00	9:00-10:00
	3		4:00-5:30		4:30-6:00		5:30-7:30	4:00-5:15			Dryland Training 8:00-10:00	9:00-10:00
	2		4:00-5:30		4:30-6:00		6:00-7:30	4:00-5:15			8:00-10:00	9:00-10:00
	1		4:00-5:30		4:30-6:00		6:00-7:30	4:00-5:15			8:00-10:00	9:00-10:00
Devel	4				3:30-4:30		3:30-4:30			4:30-5:30	9:00-10:00	10:00-11:00
	3				3:30-4:30		3:30-4:30			4:30-5:30	9:00-10:00	10:00-11:00
	2				3:30-4:30		3:30-4:30			4:30-5:30	9:00-10:00	10:00-11:00
	1				3:30-4:30		3:30-4:30			4:30-5:30	9:00-10:00	10:00-11:00
Skill						4:30-5:30					10:00-11:00	

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