Level 1 Level 2

0800am	Arrive and Brief	Aquatics Studio
0815am	Change	
0830am		
0845am		
0900am		
0915am	0830-1030 Tank A up to 10 lanes - to include	Tank A up to 10 lanes available
0930am	15 minutes of pre and post pool work	Tank 7 up to 10 lanes available
0945am		
1000am		
1015am		
1030am	Change	
1045am		
1100am	Land - 1045 -1130	Sports Hall & Indoor Track
1115am		
1130am		
1145am	Lunch 11.30-12.15	Seminar Room
1200pm		
1215pm	Change	
1230pm		
1245pm		
1300pm		
1315pm	1230 - 14.30 Tank A up to 10 lanes - to	Tank A up to 10 lanes available
1330pm	include 15 minutes of pre and post pool work	Tallity to to to lands available
1345pm		
1400pm		
1415pm		
1430pm	Change	
1445pm		
1500pm	Education - 1445 - 1530	Seminar Room
1515pm		
1530pm		<u>-</u> .
1545pm	Land - 1530 - 1615	Indoor Track
1600pm		
1615pm	Debrief and Depart	

0800am	Arrive and Brief	
0815am	Change	
0830am		
0845am		
0900am		
0915am	0830-1030 Tank A up to 10 lanes - to include	
0930am	15 minutes of pre and post pool work	
0945am		
1000am		
1015am		
1030am	Change	
1045am	Land - 1045 -1130	
1100am		
1115am		
1130am	Lunch 11.30-12.15	
1145am		
1200pm		
1215pm	Change	
1230pm		
1245pm		
1300pm		
1315pm	1230 - 14.30 Tank A up to 10 lanes - to include	
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1330pm	15 minutes of pre and post pool work	
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1330pm	· ·	
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1330pm 1345pm 1400pm	· ·	
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1330pm 1345pm 1400pm 1415pm 1430pm 1445pm 1500pm 1515pm 1530pm	15 minutes of pre and post pool work Change Land - 1445 - 1530	

Aguatica Studio		
Aquatics Studio		
Tank A up to 10 lanes available		
Sports Hall & Indoor Track		
Seminar Room		
Tank A up to 10 lanes available		
Indoor Track		
Seminar Room		