

HARBOUR TRAINING TIMES AND SQUADS

(Session times may occasionally change each September)

Pre-Competitive Group – for those new to swim programs, this group will swim twice per week on Tuesdays and Saturdays for 30 minutes at NSC from September – December and from April – June.

Session	Day	Time	Location
Novice Juniors	Monday & Wednesday	5-5:30pm	Basa Pool
	Sunday	12-12:30pm	NSC
Juniors	Monday & Wednesday	4-5pm	Basa Pool
	Sunday	11-12pm	NSC
	OR		
	Tuesday & Thursday	4-5pm	Basa Pool
	Sunday	11-12pm	NSC
Intermediate Juniors	Monday & Wednesday	4-5:30pm	Basa Pool
	Sunday	11-12:30pm	NSC
	OR		
	Tuesday & Thursday	4-5:30pm	Basa Pool
	Sunday	11-12:30pm	NSC
Advanced Juniors	Monday & Wednesday	4-5:30pm	Basa Pool
	Sunday	11-12:30pm	NSC
Intermediate Seniors	Tuesday & Wednesday	5:30-7pm	NSC
	Friday	4-5:30pm	
	Sunday	11-12:30pm	
Seniors	Monday	5:30-7pm	NSC
	Wednesday	6-7:30pm	
	Friday	4-5:30pm	
	Sunday	11-12:30pm	

Qualified Gold and Silver Squad Swimmers have additional morning and afternoon practices as agreed individually with the swimmers coach.

With the exception of the pre competitive group, all programs run from September through to June.