



Squads and Casual Summer Timetable

Effective 17th October 2022

| Squad | Timetable |
|---|--|
| Junior (max. 3 x per week) | Mon 3.45 - 4.45 pm Tues 3.45 - 4.45pm Wed 3.45 - 4.45pm Fri 6.15am -7.15am |
| Intermediate (3-5 p/w) | Mon 4.45 - 6.00pm Wed 4.45 - 6.00pm Thurs: 3.45 - 5.00pm Fri 6.00 - 7.15am Sat 7.00 - 8.30am |
| Development (5-7 x p/w) | Mon 5.45 -7.15am Mon 5.15 – 6.45pm Tues 4.45 - 6.45pm Wed 5.45 - 7.15am Thurs 5.00 - 7.00pm Fri 5.45 -7.15am Sat 7:00 - 9:00am |
| Youth Fitness (once per week or multiple x per week) | Mon 6.00 - 7.00am Tues 5.00 - 6.00pm Wed 6.00 - 7.00am Thurs 5.00 - 6.00pm Fri: 6:00 - 7.00am |
| Adult Fitness (once per week or multiple x per week) | Mon 6.00 - 7.00am Wed 6.00 - 7.00am Thurs 6.00 – 7.00pm Sat: 7.00 – 8.00am |
| Public Fitness (Casual) | Timetable |
| Lane 8 | Mon, Wed: 5.45am – 7.15am Wed: 5.00pm – 6.00pm Thurs: 6.15pm – 7.00pm Sat: 7am – 9am |



- ✓ All registrations online please via the website (one off registration).
- ✓ Squads Fees are due the 1st of each month.
- ✓ Concession tickets can be paid for via direct deposit and collected from the club.
- ✓ Bank Account details: Papamoa Swimming Club 03 1547 0431837 000. Please use name and squad as reference. Payments can be made directly through the Friendly Manager role.