

HAMMERHEAD SHARKS SQUAD

TIMETABLE

MORNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activation 5:15am - 5:30am		Activation 5:15am - 5:30am			Athletic Movement 5:30am - 6:15am
Swim 5:30am - 7:00am		Swim 5:30am - 7:00am			Swim 6:15am - 7:30am

EVENING

Athletic Movement 4:00pm - 4:30pm	Activation 4:00pm - 4:15pm		Activation 4:00pm - 4:15pm	Classroom Session 4:00pm - 4:30pm	
Swim 4:30pm - 6:00pm	Swim 4:15pm - 5:45pm		Combined Swim 4:15pm - 5:45pm	Swim 4:30pm - 6:00pm	