


## Session Times

Updated 14 April 2015

Squad	Casual Fun Diving/Trials	Recreational B1 5-8 year olds	Recreational B2 8+ year olds	Recreational B3 Adults	Recreational A Advanced	Junior Masters	Development	Competitive B	Competitive A	Elite
Expected no. of sessions	N/A	1x/week	1x/week	1-2x/week	1-2/week (second session from Rec B2 session)	1-2x/week	3x/week	Min. 3x/week	4-5x/week	All sessions
<b>Mondays</b>										
<b>Tuesdays</b>		4.00-5.15pm (Kate)	4.00-5.30pm (Andrew)				4.00-6.30pm (James)	4.00-7.00pm (James)	4.00-7.00pm (James)	4.00-7.00pm (James)
<b>Wednesdays</b>			5.00-6.30pm (Andrew)		5.00-6.30pm (Kate)		4.00-6.30pm (James)	4.00-7.00pm (James)	4.00-7.00pm (James)	4.00-7.00pm (James)
<b>Thursdays</b>			4.45-6.15pm (Lily)**					4.00-7.00pm (James)	4.00-7.00pm (James)	4.00-7.00pm (James)
<b>Fridays</b>								4.00-5.30pm (James)	4.00-5.30pm (James)	4.00-5.30pm (James)
<b>Saturdays</b>			10.30-12.00pm (Andrew)	10.30-12.00pm (James)		10.30-12.00pm (James)	8.00-10.00am (James)	8.00-11.00am (James)	8.00-11.00am (James)	8.00-11.00am (James)
<b>Sundays</b>	2.30-3.30pm (Lily)			2.30-3.30pm* (Lily)		2.30-3.30pm* (Andrew)	9.45-12.00pm (James)	9.45-12.30pm (Andrew/James)	9.45-12.30pm (Andrew/James)	9.45-12.30pm (Andrew/James)

\* Minimum numbers required for this session to run.

\*\* New Time

 Session currently not offered

## Session Details

Updated 3 February 2015

<b>TUESDAYS</b>		Divers	4.00-4.15	4.15-4.30	4.30-4.45	4.45-5.00	5.00-5.15	5.15-5.30	5.30-5.45	5.45-6.00	6.00-6.15	6.15-6.30	6.30-6.45	6.45-7.00	
Facilities	Poneke Dry Gym		Poneke												
	Springboard	Min. 12													
	Platform														

Squads	Elite & Comp A		Poneke					Water						
	Comp B		Poneke					Water						
	Development		Poneke					Water						
	Rec B1 (5-8yr)		Poolside		Water									
	Rec B2 (8yr+)		Poolside		Water									

<b>WEDNESDAYS</b>		Divers	4.00-4.15	4.15-4.30	4.30-4.45	4.45-5.00	5.00-5.15	5.15-5.30	5.30-5.45	5.45-6.00	6.00-6.15	6.15-6.30	6.30-6.45	6.45-7.00	
Facilities	Poneke Dry Gym														
	Springboard	Min. 12													
	Platform														

Squads	Elite & Comp A		Poneke					Water						
	Comp B		Poneke					Water						
	Development		Poneke					Water						
	Rec A (Advanced)						Poolside		Water					
	Rec B2 (8yr+)						Poolside		Water					

<b>THURSDAYS</b>		Divers	4.00-4.15	4.15-4.30	4.30-4.45	4.45-5.00	5.00-5.15	5.15-5.30	5.30-5.45	5.45-6.00	6.00-6.15	6.15-6.30	6.30-6.45	6.45-7.00	
Facilities	Poneke Dry Gym														
	Springboard	Min.12													
	Platform	Min.12													

Squads	Elite & Comp A		Poneke					Water (platform)				Water (springboard)		
	Comp B		Poneke					Water (platform)				Water (springboard)		
	Development													
	Rec B2 (8yr+)						Poolside		Water (springboard)					



### FRIDAYS

		Divers	4.00-4.15	4.15-4.30	4.30-4.45	4.45-5.00	5.00-5.15	5.15-5.30	5.30-5.45	5.45-6.00	6.00-6.15	6.15-6.30	
Facilities	Poneke Dry Gym		Poneke										
	Springboard												
	Platform												
Squads	Elite & Comp A		Poolside (until 29May14)	Poolside (from 12Jun15)	Pool (until 29May14)	Pool (from 12Jun15)							
	Comp B		Poolside (until 29May14)	Poolside (from 12Jun15)	Pool (until 29May14)	Pool (from 12Jun15)							
	Development												
	Rec B2 (8yr+)		Poneke										

### SATURDAYS

		Divers	8.00-8.45	8.45-9.00	9.00-9.15	9.15-9.30	9.30-9.45	9.45-10.00	10.00-10.15	10.15-10.30	10.30-10.45	10.45-11.00	11.00-11.15	11.15-11.30	11.30-11.45	11.45-12.00	12.00-13.00	
Facilities	Poneke Dry Gym		Poneke															
	Springboard	Min. 12																
	Platform	Min. 12																
Squads	Elite & Comp A		Poneke		Water (platform)				Water (springboard)									
	Comp B		Poneke		Water (platform)				Water (springboard)									
	Development		Poneke		Water (springboard)													
	Junior Masters												Poolside**	Water**				
	Rec B3 (Adults)												Poolside**	Water**				
	Rec B2 (8yr+)												Poolside	Water				

\*\*Currently not offered.

### SUNDAYS

		Divers	9.45-10.15	10.15-10.30	10.30-10.45	10.45-11.00	11.00-11.15	11.15-11.30	11.30-11.45	11.45-12.00	12.00-12.15	12.15-12.30	2.30-3.30		
Facilities	Poneke Dry Gym		Poneke												
	Springboard	Min.12													
	Platform														
Squads	Elite & Comp A		Poneke				Water								
	Comp B		Poneke				Water								
	Rec														
	Development Squad		Poneke				Water								
	Junior Master														
	Casual Fun Diving														