

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Improvers Mondays 9:30am	Tuesdays 9:15am	Beginners Wednesdays 9:30am	Thursdays 9:15am			Sundays 9am
			Beginners Thursdays 9:30am			Sundays 9:40am
						D Squad Sundays 9:40am
						Sundays 10:20am
Mondays 4:40pm	A Squad Tuesdays 4:15pm		Thursdays 4pm	Fridays 4pm	Saturdays 4pm	8&Under Sundays 10:40am
Mondays 5:20pm	B Squad Tuesdays 5:15pm	Wednesdays 4:40pm	Thursdays 4:40pm	9&Under Fridays 4:40pm	Saturdays 4:40pm	Sundays 11:20am
Girls U18 Mondays 6pm	Intermediates Tuesdays 7pm	C Squad Wednesdays 6pm	Thursdays 5:20pm	11&Under Fridays 6:15pm	Fridays 5:20pm	Sundays 12pm
	Intermediates Tuesdays 8pm	Wednesdays 7pm		Fridays 5:20pm		Sundays 12:30pm
				Beginners Fridays 6pm		Sundays 1:20pm
				Intermediates Fridays 7:30pm		Sundays 2pm
						Improvers Sundays 2:40pm
Mini Red Coaching	Mini Orange Coaching	Mini Green Coaching	Tots Coaching	Junior Coaching	Performance Squads	Adult Coaching