

**DRAC 2011 Winter Timetable**

		<b>Monday</b>	<b>Tuesday</b>	<b>Wed</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>NAS Squad</b>	<b>AM</b>	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00	5:30-7:30
	<b>PM</b>	5:00-7:00	5:00-7:00		5:00-7:00		
<b>STATE Squad</b>	<b>AM</b>		5:00-7:00		5:00-7:00	5:00-7:00	5:30-7:30
	<b>PM</b>	5:00-6:30		5:00-6:30	5:00-6:45		
<b>Senior Squad</b>	<b>AM</b>	5:00-7:00		5:00-7:00		5:00-7:00	5:30-7:00
<b>Jnr State &amp; Comp Squad</b>	<b>AM</b>	5:15-6:45		5:15-6:45			7:30-9:00
	<b>PM</b>		5:00-6:30	5:00-6:30		5:00-6:30	
<b>French School</b>	<b>PM</b>		6:00-7:30			5:00-6:30	
<b>BRONZE</b>	<b>AM</b>	6:45-8:00	6:45-8:00	6:45-8:00	6:45-8:00	6:45-8:00	7:30-8:30
	<b>PM</b>	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	
<b>JD</b>	<b>AM</b>	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	
	<b>PM</b>	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	

### DRAC 2011 Winter Timetable

AM							
		Monday	Tuesday	Wed	Thursday	Friday	Saturday
NAS Squad	AM	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00	5:30-7:30
STATE Squad	AM		5:00-7:00		5:00-7:00	5:00-7:00	5:30-7:30
Senior Squad	AM	5:00-7:00		5:00-7:00		5:00-7:00	5:30-7:00
Jnr State & Comp Squad	AM	5:15-6:45		5:15-6:45			7:30-9:00
BRONZE	AM	6:45-8:00	6:45-8:00	6:45-8:00	6:45-8:00	6:45-8:00	7:30-8:30
JD	AM	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	

PM							
		Monday	Tuesday	Wed	Thursday	Friday	Saturday
NAS	PM	5:00-7:00	5:00-6:00 Dryland 6:00-7:00 Swim		5:00-7:00		
STATE	PM	5:00-6:30		5:00-6:30	5:00-6:45		
Jnr State & Comp Squad	PM		5:00-6:00 Swim 6:00-6:45 Dryland	5:00-6:30		5:00-6:30	
French School	PM		6:00-7:30			5:00-6:30	
BRONZE	PM	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	
JD	PM	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	