

Bendigo Hawks Aquatic – Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am – 7:30am	No Training	Intermediate Squad Senior Squad Masters Squad Coach: Jack	Intermediate Squad Senior Squad Masters Squad Coach: Carla	Dry Land Training Faith Leech Aquatic Centre Coach: Jack	No Training
4:00pm – 5:00pm	Junior Squad Coach: Vanessa	No Training	Junior Squad Coach: Vanessa	No Training	Junior Squad Coach: Vanessa
4:30pm – 5:30pm	Intermediate Squad Coach: Tricia	No Training	Intermediate Squad Coach: Jack	No Training	No Training
5:00pm – 6:00pm	Senior Squad Masters Squad Coach: Vanessa	Intermediate Squad Coach: Vanessa	Transition Squad Coach: Carla	Transition Squad Coach: Carla Intermediate Squad Coach: Tom	Intermediate Squad Coach: Vanessa
5:00pm – 6:30pm		Senior Squad Masters Squad Coach: Vanessa	Senior Squad Masters Squad Coach: Jack	Senior Squad Masters Squad Coach: Tom	Senior Squad Masters Squad Coach: Vanessa