

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am - 6:45am Junior College Trainings	5:30am - 6:45am Junior College Trainings	5:30am - 6:45am Junior College Trainings	5:30am - 6:45am Junior College Trainings U14 Club Squad (Fully Booked)	5:30am - 6:45am Junior College Trainings	
6:45am - 8:00am U16 Boys Bronze Squad NHWP	6:45am - 8:00am U16 Girls Gold and Silver Squad Trainings	6:45am - 8:00am U16 Boys Gold and Silver Squad	6:45am - 8:00am U18 Maroon and White Men, U18 Black Women	6:45am - 8:00am Junior College Trainings	
	6:00am - 7:00am (NAC) Academy Programme Swim For Polo		6:00am - 7:00am (AUTM) Academy Programme Swim For Polo		
3:30pm - 6:30pm Intermediate League School Trainings	4:00pm - 5:00pm (NAC) Swim For Polo Intermediate Players Years 7&8 Only 5:00pm - 6:00pm (NAC) Swim For Polo Stronger U16 and U18 Players Only	3:30pm - 6:30pm Intermediate League School Trainings	4:00pm - 5:00pm Swim For Polo Junior College Players Years 9&10 Only 5:00pm - 6:00pm Swim For Polo Stronger U16 and U18 Players Only	3:30pm - 8:30pm (NAC) Intermediate and Junior League Games 6:45pm - 8:45pm (NAC) (AUTM) Intermediate and Junior League Games	Sunday 8:30am - 9:30am Shooting Stars Programme Players Born 2014 - 2015 9:30am - 10:30am Sharp Shooters Programme Players Born 2012 - 2013
6:30pm - 7:45pm Senior Women and U18 Maroon Women U18 Black Men	6:15pm - 7:15pm TAP7 and 8 Training 7:15pm - 8:15pm Junior Elite Training 7:30pm - 9:00pm U18 Maroon Women 8:15pm - 9:15pm U18 Black Women U18 White Women 7:30pm - 9:00pm (NAC) U18 Maroon, Black and White Men	6:30pm - 7:45pm Senior Women, Tier 2 Women, U18 Maroon Women and Invitees 7:45pm - 9:15pm Senior Men and Tier 2 Men	6:15pm - 7:15pm U12 Trainings (Seahorse, Octopus, Jellyfish, Sharks, Frogs) 7:15pm - 8:15pm U12 Trainings x 2 8:15pm - 9:15pm 2007 - 2009 Boys Skills, Shooting and Games 7:45pm - 9:15pm Senior Women and Invitees 7:30pm - 9:00pm (NAC) Senior Men and Invitees		10:30am - 11:30am U12 Trainings (Dolphins, Otters, Starfish, Narwhals, Penguins)