

Ngā Tai Tuātea A Taraika - 2025 Training Schedules -

Term 2

Ngaru Iti: 12 and Under

(Introduction to Competitive Swimming)

\$100/month.

Black:

2-4 sessions per week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4-5PM	4-5PM		4-5:30PM DL: 5:45-6:15 PM	4-5:30PM	

Gold:

3-5 sessions per week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7:30AM			
4-5PM	4-5PM		4-5:30PM DL: 5:45-6:15 PM	4-5:30PM	

Ngā Tai Tuātea A Taraika - Training Schedules

Ngaru Nui: 11-14 years (Introduction to Regional and National level competition)

\$140/month.

Black Squad (Competitive / Development)

3-5 sessions a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-8AM			
4-5:30PM	DL: 4:15 - 4:45		4-5:30PM	4-5:30PM	
	5-6PM		DL: 5:45-6:15 PM		

Gold Squad (Competitive / Performance)

4-6 sessions a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-8AM			6:30-8:30 AM
DL: 4:15PM	DL: 5:15		DL: 5PM	DL: 4:30	
5-6:30PM	6-7 PM		5:30-7 PM	5:30-7PM	

Nga Tai Tuātea A Taraika - Training Schedules

Ngaru Roa: 14 years + (National level competitions) \$200/month.

Mon	Tues	Wed	Thurs	Fri	Sat
<u>6-8AM</u>	<u>6-8 AM</u>		<u>6-8AM</u>	<u>6-8AM</u>	6:30-8:30 AM
DL: 4:15PM 5:30-7PM		<u>4-6PM</u> DL: 6:15-7PM	DL: 5PM 5:30-7PM	DL: 4:30PM 5:30-7PM	

Underline = Roa Only Session. Surf Lane and Singles Only to prioritize

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Taia Squad: (Multi Sport and non competitive swim squads)

1-3 sessions per week (\$60-\$120)

Taia Black

Mon	Tues	Wed	Thurs	Friday	Sat
		6-7PM	4-5PM	4-5 PM	

Taia Gold

Mon	Tues	Wed	Thurs	Friday	Sat
		6-7PM	5:30-6:30PM	5:30-6:30 PM	

