

2024 Squad Schedule

Ngaru Iti: 12 and Under (Introduction to Competitive Swimming)

\$100/month.

Gold: 2-4 sessions per week

Black: 2 sessions per week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4-5pm (WRAC)	4-5pm (WRAC)	4-5pm (WRAC)	4-5:15pm (WRAC)		

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

\$140/month.

Black Squad (Development)

3-5 sessions a week

Mon	Tues	Wed	Thurs	Friday	Sat
	6-7:30am (WRAC)				
4-5pm (WRAC)		4-5pm (WRAC)	4-5:15pm (Freyberg)	T1&4:5:30-7PM WRAC T2/3: 4-5:30PM WRAC	

Gold Squad (Competitive / Performance)

4-7 sessions a week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7:30AM (WRAC)			6-7:30am (WRAC)	6:30-8:30 AM (WRAC)
5-6:30PM (WRAC)		5-6PM (WRAC)	4-5:15PM (Freyberg)	T1&4:5:30-7PM WRAC T2/3: 4-5:30PM WRAC	

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

Black (Div II + NAGS qualifiers)

6-8 sessions per week

Mon	Tues	Wed	Thurs	Friday	Sat
6-8AM (WRAC)		6-8AM (WRAC)		6-8AM (WRAC)	6:30-8:30 AM (WRAC)
DL: 4-5PM 5-7pm (WRAC)	4-6:30PM (Freyberg)	DL: 4-5PM 5-6PM (WRAC)	5:15-6:30PM (Freyberg)	DL: 4-5PM T1&4:OFF T2&3: 5:30-7PM (WRAC)	

Gold (NAGS + Opens Qualifiers)

8-10 sessions per week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-8AM (WRAC)		6-8AM (WRAC)	6-8AM (WRAC)	6-8AM (WRAC)	6:30-8:30 AM (WRAC)
DL: 4-5PM 5-7PM (WRAC)	4-6:30PM (Freyberg)	DL: 4-5PM 5-6PM (WRAC)	5:15-6:30PM (Freyberg)	DL: 4-5PM T1&4: OFF T2&3: 5:30-7PM (WRAC)	

Taia Squad: (Multi Sport)

1-3 sessions per week

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