

**Early Ages Swimming Stage    6 – 10 years    JUNIOR GROUPS**

			<b>Venue</b>	<b>Coach</b>	
Mondays – Fridays	1530 – 1600	Junior Dolphins 1	WRAC	Ben	<b>FUNDAMENTAL STAGE</b>
	1600 – 1630	Junior Dolphins 2	WRAC	Ben	<b>FUNDAMENTAL STAGE</b>
	1630 – 1700	Junior Dolphins 3	WRAC	Ben	<b>FUNDAMENTAL STAGE</b>
	1530 – 1615	Mini Squad	WRAC	Andre	<b>ACTIVE FOR LIFE STAGE</b>
	1615 – 1700	Mini Squad	WRAC	Andre	<b>ACTIVE FOR LIFE STAGE</b>
	1530 – 1700	Junior Olympians	WRAC	Brandon	<b>LEARN TO TRAIN STAGE</b>

**Middle Swimming Stage    11 – 14 years    YOUTH GROUP    TRAIN TO TRAIN STAGE**

		<b>Venue</b>	<b>Coach</b>	
Mondays	0600 – 0730	WRAC	Brandon M	
	1700 – 1900	WRAC	Brandon M	
Tuesdays	1700 – 1900	WRAC	Brandon M	
Wednesdays	0600 – 0730	WRAC	Brandon M	* Junior Olympians invited
	1700 – 1900	WRAC	Brandon M	
Thursdays	1700 – 1900	WRAC	Brandon M	
Fridays	0600 – 0730	WRAC	Brandon M	
	1700 – 1900	WRAC	Brandon M	

- Includes any swimmers registered under Collegiate 14&U
- Lanes can be extended to 0800 in the mornings. Please communicate with Brandon M if required.

**Later Teen Swimming Stage    15 – 18 years    YOUTH GROUP    TRAIN TO COMPETE STAGE**

		<b>Venue</b>	<b>Coach</b>
Mondays	0600 – 0730	WRAC	Andre K
	1700 – 1900	WRAC	Andre K
Tuesdays	1700 – 1900	WRAC	Andre K
Wednesdays	0600 – 0730	WRAC	Andre K
	1700 – 1900	WRAC	Andre K
Thursdays	1700 – 1900	WRAC	Andre K
Fridays	0600 – 0730	WRAC	Andre K
	1700 – 1900	WRAC	Andre K
Saturdays	0700 – 0900	Freyberg	Andre K

- Includes any swimmers registered under Collegiate 15&O
- Lanes can be extended to 0800 in the morning. Please communicate with Andre K if required.

**16 years +/- 1 to 2 years    SENIOR GROUP    COMPETE TO WIN STAGE**

		<b>Venue</b>	<b>Head Coach</b>
Mondays	0600 – 0800	Freyberg	Gary H / Tommy W
	1615 – 1815	Freyberg	Gary H
Tuesdays	0600 – 0800	Freyberg	Gary H / Tommy W
	1615 – 1815	Freyberg	Gary H
Wednesdays	1615 – 1815	Freyberg	Gary H
Thursdays	0600 – 0800	Freyberg	Gary H / Tommy W
	1615 – 1815	Freyberg	Gary H
Fridays	0600 – 0800	Freyberg	Gary H / Tommy W
	1530 – 1730	Freyberg	Gary H
Saturdays	0600 – 0800	WRAC	Gary H / Brandon M

- Note Senior Group members will be working across two pools in the mornings to alleviate lane congestion at Freyberg. This restructure is currently ongoing. Further information will be communicated to members by Gary H.