

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Development Squad	-	6:45-7:45pm GYCA (CH)	-	6:30-7:30pm Marina (AG)	6:00-7:00pm Phoenix (GJ)	-	5:00-6:00pm Phoenix (AG)	4 Hours
Intermediate Squad	-	6:45-7:45pm GYCA (RH)	7:00-8:00pm Marina (GJ)	6:30-7:30pm Marina (GJ)	6:00-7:00pm Phoenix (GJ)	-	5:00-6:00pm Phoenix (GJ)	5 Hours
Performance Squad	7:00-8:30pm Marina (GJ)	6:30-8:30pm Marina (GJ)	7:00-8:30pm Marina (GJ)	7:30-9:00pm Marina (GJ)	7:00-8:30pm Phoenix (GJ)	-	6:00-8:00pm Phoenix (GJ)	10 Hours
Club/Masters	-	-	7:30-8:30pm GYCA (PM)	-	-	-	-	1 Hour