



Karori Pirates
Swimming Club

TIMETABLE

| SQUAD | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Stingrays | | | | 7:00 – 8:00am | | |
| | 3:30 – 4:30pm | | 3:30 – 4:30pm | | | |
| Electric Eels | | 7:00 – 8:00am | | | | |
| | | | 4:30 – 5:30pm | | 3:30 – 4:30pm | |
| Seahawks | | 6:00 – 7:30am | | | 6:00 – 7:30am | |
| | 4:30 – 5:30pm | | 5:30 – 6:30pm | | 4:30 – 5:30pm | |
| Hammer Heads | 6:00 – 7:30am | | 6:00 – 7:30am | | 6:00 – 7:30am | 6:00 – 8:00am |
| | 5:30 – 7:30pm | 5:00 – 6:30pm | | 4:30 – 6:30pm | 5:00 – 7:30pm | |
| Tiger Sharks | 6.00 – 7:30am | | 6.00 – 7:30am | 6.00 – 7:30am | 6.00 – 7:30am | 6.00 – 8:00am |
| | 5:30 – 7:30pm | 4:30 – 6:30pm | | 4:30 – 6:30pm | 5.00 – 7:30pm | |
| RECOMMENDED SESSIONS BY AGE | | | | | | |
| 9 & Under | 10 years | 11 years | 12 years | 13 years | 14 years | 15+ years |
| 2 – 3 | 3 | 4 | 5 | 6 | 7 | 8 |