

Date	AM Location	Squad / AM Time	PM Location	Squad / PM Time
18/12/2017	Waikanae	Sharks & Orcas / 6.00-7.30	CAC	Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
19/12/2017	No Training	No Training	CAC	ALL SQUADS / 6.00-7.30
20/12/2017	Waikanae	Sharks & Orcas / 6.00-7.30	CAC	Penguins & Seals / 5.00-6.00 Sharks & Orcas / 5.00-6.30
21/12/2017	No Training	No Training	CAC	Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
22/12/2017	Waikanae	Orcas Only / 6.00-7.30	CAC	ALL SQUADS / 5.00-6.30
23/12/2017				
24/12/2017				
25/12/2017	No Training	No Training	No Training	No Training
26/12/2017	No Training	No Training	No Training	No Training
27/12/2017	No Training	No Training	CAC	Penguins & Seals / 5.00-6.00 Sharks & Orcas / 5.00-6.30
28/12/2017	No Training	No Training	CAC	Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
29/12/2017	CAC	Orcas Only / 6.00-7.30	CAC	Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
30/12/2017				
31/12/2017				
01/01/2018	No Training	No Training	No Training	No Training
02/01/2018	No Training	No Training	No Training	No Training
03/01/2018	CAC	Sharks & Orcas / 6.00-7.30	CAC	Penguins & Seals / 5.00-6.00 Sharks & Orcas / 5.00-6.30
04/01/2018	No Training	No Training	CAC	Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
05/01/2018	CAC	Orcas Only / 6.00-7.30	CAC	Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
06/01/2018				
07/01/2018				
08/01/2018	No Training	No Training		Penguins & Seals / 5.00-6.00
09/01/2018	No Training	No Training		Penguins & Seals / 5.00-6.00
10/01/2018	No Training	No Training		Penguins & Seals / 5.00-6.00
11/01/2018	No Training	No Training		Penguins & Seals / 5.00-6.00
12/01/2018	No Training	No Training		Penguins & Seals / 5.00-6.00
13/01/2018				
14/01/2018				
15/01/2018	CAC	Sharks & Orcas / 6.00-7.30		Penguins & Seals / 5.00-6.00 Sharks & Orcas / 5.00-6.30
16/01/2018	No Training	No Training		Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
17/01/2018	CAC	Sharks & Orcas / 6.00-7.30		Penguins & Seals / 5.00-6.00 Sharks & Orcas / 5.00-6.30
18/01/2018	No Training	No Training		Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
19/01/2018	CAC	Orcas Only / 6.00-7.30		Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
20/01/2018		Wellington LC Champs		Wellington LC Champs
21/01/2018		Wellington LC Champs		Wellington LC Champs
22/01/2018	No Training	Wellington LC Champs	No Training	Wellington LC Champs
23/01/2018	No Training	No Training		Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30
24/01/2018	CAC	Sharks & Orcas / 6.00-7.30		Penguins & Seals / 5.00-6.00 Sharks & Orcas / 5.00-6.30
25/01/2018	No Training	No Training		Penguins & Seals / 5.00-6.00 Sharks & Orcas / 6.00-7.30

26/01/2018

CAC

Orcas Only / 6.00-7.30

Penguins & Seals / 5.00-6.00

Sharks & Orcas / 6.00-7.30

27/01/2018

28/01/2018

29/01/2018

Normal Training Schedule resumes