

## NS Swim School (Manly Squad Timetable) 2017

AM	5:30am - 6am	6am - 6:30am	6:30am - 7am	7am - 7:30am	7:30am - 8am
<b>Tuesday</b>	Senior A + B Squads			Bronze, Silver, Gold	
<b>Wednesday</b>	Senior A + B Squads			Bronze, Silver, Gold	
<b>Friday</b>	Senior A + B Squads			Bronze, Silver, Gold	

PM	5pm - 5:30pm	5:30pm - 6pm	6pm - 6:30pm	6:30pm - 7pm
<b>Monday</b>	Bronze			
	Silver & Gold			
	Senior A & B			
	Adult Squad			
<b>Tuesday</b>	Bronze			
	Silver & Gold			
	Senior A & B			
	Adult Squad			
<b>Wednesday</b>	Bronze			
	Silver & Gold			
	Senior A & B			
	Adult Squad			

<b>Where are these Squads held:-</b>	In the Outdoor 50m and 25m Pools at : Manly Aquatic Centre, 1 Kenneth Rd, Manly NSW 2095 <i>Look for our coaches wearing the Navy "NS Swim School" Shirts</i>
<b>What Do You Need:-</b>	Own Flippers, Drink Bottle, Goggles at all sessions. A "NS Swim School" Swim Cap will be provided when you do your first session with us <i>#Seniors require Swim Snorkel too.</i>
<b>Contact Us</b>	All correspondence, enquiries, bookings and fee payments are to be made through our Brookvale Office (9B Green St, Brookvale NSW 2100) or via phone 9907-4637 <i>Mention "Manly Squads" when you call</i>
	<a href="http://www.nsswimschool.com.au">www.nsswimschool.com.au</a>