

## Age Group – Winter Season, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 24 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	May 25 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	May 26 <sup>th</sup> 6.00-7.30pm	May 27 <sup>th</sup> 5.30-7.00am	May 28 <sup>th</sup> 6.00-7.30pm	May 29 <sup>th</sup> 7.00-9.00am HB Swimmer Dev. Session	May 30 <sup>th</sup> NAQ AGM
May 31 <sup>st</sup> 5.30-7.00am 4.30-6.00pm	June 1 <sup>st</sup> 5.30-7.00am 4.30-6.00pm	June 2 <sup>nd</sup> 6.00-7.30pm	June 3 <sup>rd</sup> 5.30-7.00am	June 4 <sup>th</sup> 5.30-7.00am	June 5 <sup>th</sup> Rest	June 6 <sup>th</sup> Rest
June 7 <sup>th</sup> Queen's Birthday	June 8 <sup>th</sup> 4.30pm Team Meeting 5.30pm Parent Meeting	June 9 <sup>th</sup> 5.30-7.00am 6.00-7.30pm	June 10 <sup>th</sup> 5.30-7.00am	June 11 <sup>th</sup> 6.00-7.30pm	June 12 <sup>th</sup> 7.00-9.00am NAQ Club Champs	June 13 <sup>th</sup> NAQ Club Champs
June 14 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	June 15 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	June 16 <sup>th</sup> 6.00-7.30pm	June 17 <sup>th</sup> 5.30-7.00am	June 18 <sup>th</sup> 6.00-7.30pm	June 19 <sup>th</sup> 7.00-9.00am HB Swimmer Dev. Session	June 20 <sup>th</sup> Rest
June 21 <sup>st</sup> 5.30-7.00am 4.30-6.00pm	June 22 <sup>nd</sup> 5.30-7.00am 4.30-6.00pm	June 23 <sup>rd</sup> 6.00-7.30pm	June 24 <sup>th</sup> 5.30-7.00am	June 25 <sup>th</sup> 6.00-7.30pm	June 26 <sup>th</sup> 7.00-9.00am	June 27 <sup>th</sup> 6 Regions Meet
June 28 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	June 29 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	June 30 <sup>th</sup> 6.00-7.30pm	July 1 <sup>st</sup> 5.30-7.00am	July 2 <sup>nd</sup> 6.00-7.30pm	July 3 <sup>rd</sup> 7.00-9.00am Sundevils Winter Meet	July 4 <sup>th</sup> Sundevils Winter Meet
July 5 <sup>th</sup> 5.00-7.00pm	July 6 <sup>th</sup> 5.30-7.30am 4.00-6.00pm	July 7 <sup>th</sup> 5.00-7.00pm	July 8 <sup>th</sup> 5.30-7.30am 4.00-6.00pm	July 9 <sup>th</sup> 5.30-7.30am 4.00-6.00pm	July 10 <sup>th</sup> 7.00-9.00am	July 11 <sup>th</sup> Rest
July 12 <sup>th</sup> 5.30-7.30am 5.00-7.00pm	July 13 <sup>th</sup> 5.30-7.30am 4.00-6.00pm	July 14 <sup>th</sup> 5.00-7.00pm	July 15 <sup>th</sup> 5.30-7.30am 4.00-6.00pm	July 16 <sup>th</sup> 5.30-7.30am 5.00-7.00pm	July 17 <sup>th</sup> 7.00-9.00am HB Swimmer Dev. Session	July 18 <sup>th</sup> Rest
July 19 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	July 20 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	July 21 <sup>st</sup> 6.00-7.30pm	July 22 <sup>nd</sup> 5.30-7.00am	July 23 <sup>rd</sup> 6.00-7.30pm	July 24 <sup>th</sup> 7.00-9.00am	July 25 <sup>th</sup> NAQ Prizegiving
July 26 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	July 27 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	July 28 <sup>th</sup> 6.00-7.30pm	July 29 <sup>th</sup> 5.30-7.00am	July 30 <sup>th</sup> 6.00-7.30pm	July 31 <sup>st</sup> 7.00-9.00am	Aug 1 <sup>st</sup> Rest
Aug 2 <sup>nd</sup> 4.30-6.00pm	Aug 3 <sup>rd</sup> 5.30-7.00am 4.30-6.00pm	Aug 4 <sup>th</sup> 6.00-7.30pm	Aug 5 <sup>th</sup> 5.30-7.00am	Aug 6 <sup>th</sup> HBPB Winter Champs	Aug 7 <sup>th</sup> HBPB Winter Champs	Aug 8 <sup>th</sup> HBPB Winter Champs
Aug 9 <sup>th</sup> 4.30-6.00pm	Aug 10 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	Aug 11 <sup>th</sup> 6.00-7.30pm	Aug 12 <sup>th</sup> 5.30-7.00am	Aug 13 <sup>th</sup> 6.00-7.30pm	Aug 14 <sup>th</sup> 7.00-9.00am	Aug 15 <sup>th</sup> Rest
Aug 16 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	Aug 17 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	Aug 18 <sup>th</sup> 6.00-7.30pm	Aug 19 <sup>th</sup> 5.30-7.00am	Aug 20 <sup>th</sup> BOP Winter Champs	Aug 21 <sup>st</sup> BOP Winter Champs	Aug 22 <sup>nd</sup> BOP Winter Champs
Aug 23 <sup>rd</sup> 4.30-6.00pm	Aug 24 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	Aug 25 <sup>th</sup> 6.00-7.30pm	Aug 26 <sup>th</sup> 5.30-7.00am	Aug 27 <sup>th</sup> 6.00-7.30pm	Aug 28 <sup>th</sup> 7.00-9.00am	Aug 29 <sup>th</sup> Rest
Aug 30 <sup>th</sup> 5.30-7.00am 4.30-6.00pm	Aug 31 <sup>st</sup> 4.30-6.00pm	Sept 1 <sup>st</sup> 6.00-7.30pm	Sept 2 <sup>nd</sup> 5.30-7.00am	Sept 3 <sup>rd</sup> 6.00-7.30pm	Sept 4 <sup>th</sup> 7.00-9.00am 4 Regions Grand Prix	Sept 5 <sup>th</sup> 4 Regions Grand Prix
Sept 6 <sup>th</sup> 4.30-6.00pm	Sept 7 <sup>th</sup> 4.30-6.00pm	Sept 8 <sup>th</sup> 6.00-7.30pm	Sept 9 <sup>th</sup> 5.30-7.00am	Sept 10 <sup>th</sup> 6.00-7.30pm	Sept 11 <sup>th</sup> East Coast Champs	Sept 12 <sup>th</sup> East Coast Champs
Sept 13 <sup>th</sup> 4.30-6.00pm	Sept 14 <sup>th</sup> 4.30-6.00pm	Sept 15 <sup>th</sup> 6.00-7.30pm	Sept 16 <sup>th</sup> Rest	Sept 17 <sup>th</sup> 6.00-7.30pm	Sept 18 <sup>th</sup> 7.00-9.00am	Sept 19 <sup>th</sup> Rest
Sept 20 <sup>th</sup> 4.30-6.00pm	Sept 21 <sup>st</sup> 4.30-6.00pm	Sept 22 <sup>nd</sup> 6.00-7.30pm	Sept 23 <sup>rd</sup> Rest	Sept 24 <sup>th</sup> Rest	Sept 25 <sup>th</sup> Rest	Sept 26 <sup>th</sup> Rest