

Week 1 July 7th - July 12th							
Squad	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Total Hours
Senior Squad	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	7
	Mid-Year Break	Mid-Year Break	Mid-Year Break	Mid-Year Break	3.00pm - 7.00pm	9.00am - 12.00pm	
					4	3	
Junior Squad	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	7
	Mid-Year Break	Mid-Year Break	Mid-Year Break	Mid-Year Break	3.00pm - 7.00pm	9.00am - 12.00pm	
					4	3	
Blue Squad	Mandy	Mandy	Mandy	Mandy	Mandy	Mandy	18.9
	2.45pm - 6.45pm		8.00am - 11.45am 12.30pm - 3.30pm		2.30pm - 6.45pm	8.00am - 12.00pm	
	4		6.75		4.15	4	
Teal Squad	Mandy	Mandy	Mandy	Mandy	Mandy	Mandy	13.75
		8.00am - 11.45am 12.30pm - 3.30pm		2.45pm - 6.45pm		12.15pm - 3.15pm	
		6.75		4		3	
Lime Squad			Jack			Jack	6
			9.00am - 12.00pm			12.15pm - 3.15pm	
			3			3	

Week 2  
July 14th - 19th

Squad	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Total Hours
Senior Squad	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	29
	10.00am - 12.00pm 3.00pm - 6.30pm	10.00am - 12.00pm 3.00pm - 6.30pm	3.00pm - 6.30pm	10.00am - 12.00pm 3.00pm - 6.30pm	10.00am - 12.00pm 3.00pm - 6.30pm	9.00am - 12.30pm	
	5.5	5.5	3.5	5.5	5.5	3.5	
Junior Squad	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	29
	10.00am - 12.00pm 3.00pm - 6.30pm	10.00am - 12.00pm 3.00pm - 6.30pm	3.00pm - 6.30pm	10.00am - 12.00pm 3.00pm - 6.30pm	10.00am - 12.00pm 3.00pm - 6.30pm	9.00am - 12.30pm	
	5.5	5.5	3.5	5.5	5.5	3.5	
Blue Squad	Mandy	Mandy	Mandy	Mandy	Mandy	Mandy	18.75
	2.30pm - 6.45pm		8.00am - 11.45am 12.30pm - 3.30pm		2.45pm - 6.45pm	8.00am - 12.00pm	
	4		6.75		4	4	
Teal Squad	Mandy	Mandy	Mandy	Mandy	Mandy	Mandy	12
		2.45pm - 6.45pm		2.45pm - 6.45pm	8.00am - 12.00pm		
		4		4	4		
Lime Squad			Jack		Mandy		6
			9.00am - 12.00pm		8.00am - 11.00am		
			3		3		