

Dolphins Water Polo Club - Summer Training Session - Version 1, 17/09/2017

	Year of Birth	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PL Mens			6.30-8.00		6.30-8.00		GAME	3.00-5.00
Res Mens			6.30-8.00	GAME	6.30-8.00			3.00-5.00
Div Team Mens		6.30-8.00		GAME				
Masters Mens			GAME					7.30-8.30AM
PL Women			6.30-8.00		6.30-8.00		GAME	
Res Women			6.30-8.00	GAME	6.30-8.00			
Div Team Women		5.30-7.00		GAME				
Masters Women			GAME	GAME				8.00-9.30AM
18U Girls	2000/2001	GAME	6.30-8.00		6.30-8.00			4.00-6.00
16U Girls	2002/2003	GAME		4:00-6.00	5.30-7.00			4.00-6.00
14U Girls	2004/2005	GAME			5.30-7.00			4.00-6.00
16U Boys	2002/2003	GAME	5.30-7.00					2.00-4.00
14U Boys	2004/2005	GAME	4.30-6.00					2.00-4.00
Flippa Ball Training		4.00-5.00 5.00-6.00		6.00-7.00				
Friday Night						4.30-8.00		
Saturday Morning							9.00-12.00	
Goalie Training								3.00-5.00
Swimming		6.30-7.30AM		6.30-7.30AM		6.30-7.30AM		

GAME
CLAREMONT
ST HILDAS
Claremont 25m

