

Weekly Training Schedule Term 4 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
AM 7:15AM- 8:15AM	WATER POLO - SVC 1	WATER POLO - SVC 2 VOLLEYBALL SVC 1,2,3,4	WATER POLO SVC 3 & 4 TENNIS SVC 3 & 4 TOUCH SVC 1,2,3,4,7, 8	TENNIS SVC 1 & 2	WATER POLO SVC 5 & 6	
PM 3:15PM - 4:30PM	TENNIS SVC 5 & 6 TOUCH - SVC 5 & 6		TENNIS - SVC 7 & SVC 8 TOUCH -SVC 9,10,11,12,13,14,15	TOUCH - SVC 16,17,18,19,20,21		