

2019 WDC Timetable

SQUADS	BEGINNERS / BEGINNERS + / ADULTS / CASUAL Everyone Welcome					SKILLS SQUADS COMPETITIVE By Invitation			NZ AGE GROUP SQUADS COMPETITIVE By Invitation			JUNIOR ELITE SQUAD By Invitation
	Beginners LEAP SQUAD (5-16yrs) POOL ONLY	Beginners + BOUNCE SQUAD (5-16yrs) 10min Poolside + 35min Pool		ADULTS (16yrs+)	CASUAL Fun Diving Specified Sundays Only	SKILLS – LEVEL 1 Competitive	SKILLS – LEVEL 2 Competitive	SKILLS – LEVEL 3 Competitive				
Tuesday	4.00-4.30pm						4.30-6.30pm	4.30-6.30pm	4.30-7.00pm	4.30-7.00pm	4.30-7.00pm	4.00-7.00pm
Wednesday	4.00-4.30pm	4.30-5.15pm					4.30-6.30pm	4.30-6.30pm	4.30-7.00pm	4.00-6.30pm	4.00-6.30pm	4.00-7.00pm
Thursday	4.00-4.30pm	4.30-5.15pm				4.00-5.30pm	5.00-7.00pm	5.00-7.00pm	5.00-7.00pm	4.00-6.30pm	4.00-6.30pm	4.00-7.00pm
Friday				5.00-6.30pm		4.00-5.30pm	4.30-6.30pm	4.30-6.30pm	4.30-6.30pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm
Saturday				10.30am-12.00pm			11.00am-1.00pm Gym Incld	11.00am-1.00pm Gym Incld	11.00am-1.00pm Gym Incld	10.30am-12.30pm Gym Incld	10.30am-12.30pm Gym Incld	8.00am-10.30am Gym Incld
Sunday					12.30-1.30pm Specified Dates	10.30am-12.00pm Gym Incld			9.45am-12.00pm Gym Incld	9.45am-12.00pm Gym Incld	9.45am-12.00pm Gym Incld	9.45am-12.30pm Gym Incld