As from October 2019

Day	Time	Squad	Lane No's	
Monday	5:05pm - 6:05pm	Bronze	2	
	5:05pm - 7:05pm	Silver	1	
		Gold	1	
Wednesday	3:45pm - 4:45pm	Water Dragons	3	
	4:55pm - 6:55pm	Silver	1	
	4:55pm - 6:55pm	Gold	1	
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Thursday	5:10pm - 6:10pm	Bronze	2	
	5:10pm - 7:10pm	Silver	1	
		Gold	1	
Friday	6:00pm - 7:00pm	Water Dragons	4	
	7:00pm - 8:00pm	Bronze	2	
		Silver	1	
		Gold	1	
	8:00pm - 9:00pm	Silver	1	
		Gold	1	
		Aquatics Masters	2	
Sunday	8:00am - 9:15am	Water Dragons	4	
		Bronze		
	9:15am - 9:55am	Silver	2	
		Gold		

Hours Available

Water Dragons	up to 4	
Bronze	5	
Silver	10	
Gold	10	
Aquatics Masters	1	