

## Boys B'2012 and Girls B'2011/12

	Morning	Evening
<b>Monday</b>	6:00-7:00 AM at UWA Gymnasium General strength and shooting related land based training	
<b>Tuesday</b>		
<b>Wednesday</b>		5:00-6:30 PM at Beatty Park Water polo skills and shooting session
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		12:30 - 2:00 PM at Beatty Park Water polo skills and shooting session
<b>Sunday</b>		

## Open Squad (B'2009 or befor)

	Morning	Evening
<b>Monday</b>		
<b>Tuesday</b>	5:45-7:15 AM at UWA pool Water polo skills and shooting skills	
<b>Wednesday</b>		6:30-8:00 PM at Beatty Park Water polo skills, shooting and game specific
<b>Thursday</b>	5:30-7:00 AM at Beatty Park Water polo skills and shooting skills	
<b>Friday</b>		6:30-8:00 PM at UWA pool Water polo skills, shooting and game specific
<b>Saturday</b>		2:00 - 4:00 PM at Beatty Park Water polo skills, shooting and game specific
<b>Sunday</b>		