Scotch - Senior Squad Schedule (Please note: That there will be no training on Publc Holidays)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	SCOTCH 5:30am - 6:30am (Swim)		SCOTCH 5:30am - 6:30am (Swim)		SCOTCH 5:30am - 6:30am (Swim)	
PM		SCOTCH 6:30am - 7:30am (Swim)		SCOTCH 6:30am - 7:30am (Swim)		

Iona - Senior Squad Schedule (Please note: That there will be no training on Publc Holidays)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	IONA 5:30am - 6:30am (Swim)		IONA 5:30am - 6:30am (Swim)		IONA 5:30am - 6:30am (Swim)	IONA 8:00am - 9:00am (Swim)
PM		IONA 6:00am - 7:00am (Swim)		IONA 6:00am - 7:00am (Swim)		

- 1 Session per week: $16.00 per session billed Monthly
- 2 Sessions per week: $13.50 per session billed Monthly
- 3 Sessions: per week: $12.00 per session billed Monthly
- 4 Sessions: per week: $10.50 per session billed Monthly