

VIKINGS TRAINING SCHEDULE - TERM 1, 2017

DAY	SQUAD	TIME
Week 1: Monday, 30 January – Sunday, 5 February		
Monday	Advanced (Men & Women)	7.00 – 8.30 pm
Wednesday	Beginners	7.00 – 8.30 pm
	Intermediates	7.00 – 8.30 pm
	Advanced (Men & Women)	7.00 – 8.30 pm
Sunday	Flippa Ball	10.00 – 11.00 am
	Beginners	10.00 – 11.30 am
	Intermediates	10.00 – 11.30 am
Week 2: Monday, 6 February – Sunday, 12 February		
Monday	Advanced (Men & Women)	7.00 – 8.30 pm
Wednesday	Beginners	7.00 – 8.30 pm
	Intermediates	7.00 – 8.30 pm
	Advanced (Men & Women)	7.00 – 8.30 pm
Sunday	Flippa Ball	10.00 – 11.00 am
	Beginners	10.00 – 11.30 am
	Intermediates	10.00 – 11.30 am
Week 3: Monday, 13 February – Sunday, 19 February		
Monday	Advanced (Men & Women)	7.00 – 8.30 pm
Wednesday	Beginners	7.00 – 8.30 pm
	Intermediates	7.00 – 8.30 pm
	Advanced (Men & Women)	7.00 – 8.30 pm
Sunday	Flippa Ball	10.00 – 11.00 am
	Beginners	10.00 – 11.30 am
	Intermediates	10.00 – 11.30 am

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Week 4: Monday, 20 February – Sunday, 26 February		
Monday	Advanced (Men & Women)	7.00 – 8.30 pm
Wednesday	Beginners	7.00 – 8.30 pm
	Intermediates	7.00 – 8.30 pm
	Advanced (Men & Women)	7.00 – 8.30 pm
Sunday	Flippa Ball	10.00 – 11.00 am
	Beginners	10.00 – 11.30 am
	Intermediates	10.00 – 11.30 am
Week 5: Monday, 27 February – Sunday, 5 March		
Monday	Advanced (Men & Women)	7.00 – 8.30 pm
Wednesday	Beginners	7.00 – 8.30 pm
	Intermediates	7.00 – 8.30 pm
	Advanced (Men & Women)	7.00 – 8.30 pm
Sunday	Flippa Ball	10.00 – 11.00 am
	Beginners	10.00 – 11.30 am
	Intermediates	10.00 – 11.30 am
Week 6: Monday, 6 March – Sunday, 12 March		
Monday	Advanced (Men & Women)	7.00 – 8.30 pm
Wednesday	Beginners	7.00 – 8.30 pm
	Intermediates	7.00 – 8.30 pm
	Advanced (Men & Women)	7.00 – 8.30 pm
Sunday	Flippa Ball	NO TRAINING (Canberra Day Long Weekend)
	Beginners	
	Intermediates	
Week 7: Monday, 13 March – Sunday, 19 March		
Monday	Advanced (Men & Women)	NO TRAINING (Canberra Day Long Weekend)

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Wednesday	Beginners	7.00 – 8.30 pm
	Intermediates	7.00 – 8.30 pm
	Advanced (Men & Women)	7.00 – 8.30 pm
Sunday	Flippa Ball	10.00 – 11.00 am
	Beginners	10.00 – 11.30 am
	Intermediates	10.00 – 11.30 am
Week 8: Monday, 20 March – Sunday, 26 March		
Monday	Advanced (Men & Women)	7.00 – 8.30 pm
Wednesday	Beginners	7.00 – 8.30 pm
	Intermediates	7.00 – 8.30 pm
	Advanced (Men & Women)	7.00 – 8.30 pm
Sunday	Flippa Ball	10.00 – 11.00 am
	Beginners	10.00 – 11.30 am
	Intermediates	10.00 – 11.30 am
Week 9: Monday, 27 March – Sunday, 2 April		
Monday	Advanced (Men & Women)	7.00 – 8.30 pm
Wednesday	Beginners	7.00 – 8.30 pm
	Intermediates	7.00 – 8.30 pm
	Advanced (Men & Women)	7.00 – 8.30 pm
Saturday	WATER POLO ACT GRAND FINAL DAY	
Sunday	Flippa Ball	10.00 – 11.00 am
	Beginners	NO TRAINING
	Intermediates	