



WAG TRAINING SESSIONS DURING JANUARY SCHOOL HOLIDAYS (2021)

SQUAD	LEVELS	SCHOOL HOLIDAYS – Week 1					SCHOOL HOLIDAYS – Week 2				
		Mon 4/1	Tues 5/1	Wed 6/1	Thur 7/1	Fri 8/1	Mon 11/1	Tue 12/1	Wed 13/1	Thur 14/1	Fri 15/1
High Performance Future 1	Alysha & Sage	3:00-7:00pm	9:00-12:00pm & 1:00-4:00pm	4:15-8:15pm	4:15-8:15pm	9:00-1:00pm	High Performance Training Camp				
High Performance Future 2a	Alysha, Cassie & Sage	3:00-6:00pm	9:00-12:00pm	4:15-7:15pm	4:15-8:15pm	9:00-12:00pm	High Performance Training Camp				
High Performance Future 2b	Alysha & Cassie	3:00-6:00pm	9:00-12:00pm		4:15-8:15pm	9:00-12:00pm	High Performance Training Camp				
Senior 1	Ben	4:30-8:30pm			8:00-12:00pm	4:30-8:30pm	4:30-8:30pm		4:30-8:30pm	4:30-8:30pm	National Program Training Camp (Friday & Saturday)
Senior 2	Brooke & Chris	4:30-8:30pm		4:30-8:30pm	8:00-12:00pm		4:30-8:30pm		4:30-8:30pm	4:30-8:30pm	
Senior Mix				4:30-8:30pm		4:30-8:30pm		4:30-8:30pm			
Senior Make Up	Brooke		1:00-4:00pm					12:00-4:00pm			
Intermediate 1	Sage		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00	5:00-8:30	5:00-8:30pm		5:00-8:30pm	National Program Training Camp (Friday & Saturday)
Intermediate 2	Angela		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00	5:00-8:30	5:00-8:30pm		5:00-8:30pm	
Intermediate 3	Rachael		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00	5:00-8:30	5:00-8:30pm		5:00-8:30pm	
Intermediate Mix	TBC			5:00-8:30pm					5:00-8:30pm		
Intermediate Makeup	Ange	12:30-4:00						12:00-3:30			
Junior & Inter AM Session	TBC					7:00-10:00					7:00-10:00



WAG TRAINING SESSIONS DURING JANUARY SCHOOL HOLIDAYS (2021) CONTINUED

SQUAD	LEVELS	SCHOOL HOLIDAYS – Week 3				
		Mon 18/1	Tues 19/1	Wed 20/1	Thu 21/1	Fri 22/1
High Performance Future 1	Alysha & Sage	3:00-7:00	9:00-12:00pm & 1:00-4:00pm	4:15-8:15pm	FAMILY DAY (CABEL PARK)	9:00-1:00pm
High Performance Future 2a	Alysha, Cassie & Sage	3:00-6:00pm	9:00-12:00pm	4:15-7:15		9:00-12:00pm
High Performance Future 2b	Alysha & Cassie	3:00-6:00pm	9:00-12:00pm			9:00-12:00pm
Senior 1	Ben	4:30-8:30pm	8:00-12:00pm			4:30-8:30pm
Senior 2	Brooke & Chris	4:30-8:30pm	8:00-12:00pm	4:30-8:30pm		
Senior Mix				4:30-8:30pm		4:30-8:30pm
Senior Make Up	Brooke		1:00-4:00pm			
Intermediate 1	Sage		5:00-8:30pm			12:30 – 4:00
Intermediate 2	Angela		5:00-8:30pm			12:30 – 4:00
Intermediate 3	Rachael		5:00-8:30pm			12:30 – 4:00
Intermediate Mix	TBC			5:00-8:30pm		
Intermediate Makeup	Ange	12:30-4:00				
Junior & Inter AM Session	TBC				7:00-10:00	

Junior 1	TBC	5:00-8:00pm	8:00-11:00am	5:00-8:00pm		
Junior 2	Jess	5:00-8:00pm	8:00-11:00am	5:00-8:00pm		
Junior 3	TBC	5:00-8:00pm	8:00-11:00am	5:00-8:00pm		
Junior Makeup	Jess					5:00-8:00
Beginner	Mel		4:45-7:45pm			12:30-2:30pm
Foundation 1	Cassie		4:45-6:45pm			12:30-3:30pm
Foundation & Beginner Makeup	Mel			12:45-3:45pm		

Junior 1	TBC						5:00-8:00pm		5:00-8:00pm	8:00-11:00		
Junior 2	Jess						5:00-8:00pm		5:00-8:00pm	8:00-11:00		
Junior 3	TBC						5:00-8:00pm		5:00-8:00pm	8:00-11:00		
Junior Makeup	Jess										5:00-8:00	
Beginner	Mel							4:45-7:45pm				12:30-2:30
Foundation 1	Cassie							4:45-6:45pm				12:30-3:30
Beginner & Foundation Makeup	Mel								12:45-3:45pm			



WAG TRAINING SESSIONS DURING JUNE/JULY SCHOOL HOLIDAYS (2020)

SQUAD	LEVELS	SCHOOL HOLIDAYS – Week 1					SCHOOL HOLIDAYS – Week 2				
		Mon 28/6	Tues 29/6	Wed 30/7	Thu 1/7	Fri 2/7	Mon 5/7	Tue 6/7	Wed 7/7	Thu 8/7	Fri 9/7
High Performance Future 1	Alysha & Sage	3:00-7:00pm	9:00-12:00pm & 1:00-4:00pm	4:15-8:15pm	4:15-8:15pm	9:00-1:00pm	3:00-7:00pm	9:00-12:00pm & 1:00-4:00pm	4:15-8:15pm	4:15-8:15pm	9:00-1:00pm
High Performance Future 2a	Alysha, Cassie & Sage	3:00-6:00pm	9:00-12:00pm	4:15-7:15pm	4:15-8:15pm	9:00-12:00pm	3:00-6:00pm	9:00-12:00pm	4:15-7:15pm	4:15-8:15pm	9:00-12:00pm
High Performance Future 2b	Alysha & Cassie	3:00-6:00pm	9:00-12:00pm		4:15-8:15pm	9:00-12:00pm	3:00-6:00pm	9:00-12:00pm		4:15-8:15pm	9:00-12:00pm
Senior 1	Ben	4:30-8:30pm			8:00-12:00pm	4:30-8:30pm	4:30-8:30pm			8:00-12:00pm	4:30-8:30pm
Senior 2	Brooke & Chris	4:30-8:30pm		4:30-8:30pm	8:00-12:00pm		4:30-8:30pm		4:30-8:30pm	8:00-12:00pm	
Senior Mix				4:30-8:30pm		4:30-8:30pm			4:30-8:30pm		4:30-8:30pm
Senior Make Up	Brooke		1:00-4:00pm					1:00-4:00pm			
Intermediate 1	Sage		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00
Intermediate 2	Angela		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00
Intermediate 3	Rachael		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00
Intermediate Mix	TBC			5:00-8:30pm					5:00-8:30pm		
Intermediate Makeup	Ange	12:30-4:00					12:30-4:00				
Junior & Inter AM Session	TBC					7:00-10:00					7:00-10:00

Junior 1	TBC						5:00-8:00pm		5:00-8:00pm	8:00-11:00	
Junior 2	Jess						5:00-8:00pm		5:00-8:00pm	8:00-11:00	
Junior 3	TBC						5:00-8:00pm		5:00-8:00pm	8:00-11:00	
Junior Makeup	Jess										5:00-8:00
Beginner	Mel		4:45-7:45pm								12:30-2:30
Foundation 1	Cassie		4:45-6:45pm								12:30-3:30
Beginner & Foundation Makeup	Mel			12:45-3:45pm					12:45-3:45pm		

Junior 1	TBC	5:00-8:00pm		5:00-8:00pm	8:00-11:00		5:00-8:00pm		5:00-8:00pm	8:00-11:00	
Junior 2	Jess	5:00-8:00pm		5:00-8:00pm	8:00-11:00		5:00-8:00pm		5:00-8:00pm	8:00-11:00	
Junior 3	TBC	5:00-8:00pm		5:00-8:00pm	8:00-11:00		5:00-8:00pm		5:00-8:00pm	8:00-11:00	
Junior Makeup	Jess										5:00-8:00
Beginner	Mel		4:45-7:45pm								12:30-2:30
Foundation 1	Cassie		4:45-6:45pm								12:30-3:30
Beginner & Foundation Makeup	Mel			12:45-3:45pm					12:45-3:45pm		



WAG TRAINING SESSIONS DURING DECEMBER SCHOOL HOLIDAYS (2020)

SQUAD	LEVELS	SCHOOL HOLIDAYS – Week 2				
		Mon 20/12	Tue 21/12	Wed 22/12	Thur 23/12	Fri 24/12
High Performance Future 1	Alysha & Sage	3:00-7:00pm	9:00-12:00pm & 1:00-4:00pm	4:15-8:15pm	4:15-8:15pm	9:00-1:00pm
High Performance Future 2a	Alysha, Cassie & Sage	3:00-6:00pm	9:00-12:00pm	4:15-7:15pm	4:15-8:15pm	9:00-12:00pm
High Performance Future 2b	Alysha & Cassie	3:00-6:00pm	9:00-12:00pm		4:15-8:15pm	9:00-12:00pm
Senior 1	Ben	4:30-8:30pm			8:00-12:00pm	4:30-8:30pm
Senior 2	Brooke & Chris	4:30-8:30pm		4:30-8:30pm	8:00-12:00pm	
Senior Mix (Mon or Fri)				4:30-8:30pm		4:30-8:30pm
Senior Make Up	Brooke		1:00-4:00pm			
Intermediate 1	Sage		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00
Intermediate 2	Angela		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00
Intermediate 3	Rachael		5:00-8:30pm		5:00-8:30pm	12:30 – 4:00
Intermediate Mix	TBC			5:00-8:30pm		
Intermediate Makeup	Ange	12:30-4:00				
Junior & Inter AM Session	TBC					7:00-10:00

Junior 1	TBC	5:00-8:00pm		5:00-8:00pm	8:00-11:00	
Junior 2	Jess	5:00-8:00pm		5:00-8:00pm	8:00-11:00	
Junior 3	TBC	5:00-8:00pm		5:00-8:00pm	8:00-11:00	
Junior Makeup	Jess					5:00-8:00
Beginner	Mel		4:45-7:45pm			12:30-2:30
Foundation 1	Cassie		4:45-6:45pm			12:30-3:30
Foundation/Beginner Makeup	Mel			12:45-3:45pm		