



TARGET SQUAD TERM 1—2012

SCHOOL HOLIDAY TRAINING—AS PER XMAS CALENDAR

Commences 12th December

TERM 1—Monday 30th January – Saturday 31st March

DAY	AM	PM	DRY LAND
MONDAY	5:40 – 7:30		
TUESDAY		5.10 - 7.15	
WEDNESDAY	5:40 - 7:30		
THURSDAY	5:40 - 7:30		5.45—6.30am
FRIDAY	5:40 - 7:30	5.00– 7.00	
SATURDAY	5.55 - 8:00*		7.30—8.00am

***COMPULSORY SESSION** -* THIS SESSION WILL FINISH WITH 30MINS DRYLAND SESSION, ALL SWIMMERS MUST BRING RUNNERS AND CLOTHES SUITABLE TO EXERCISES IN, OVER SWIM-WEAR.

NO TRAINING

FRIDAY PM 17th February (TIME TRIALS)

FRIDAY PM 17th February (SCHOOL USE)

FRIDAY PM 17th February (SCHOOL USE)

FRIDAY PM 17TH March (TIME TRIALS)

OTHER CHANGES AS PER CLUB NEWSFLYER.

PAYMENT MUST BE RECEIVED BY THE DUE DATE OR YOUR CHILD WILL NOT BE ALLOWED TO ENTER THE WATER