



## **JUNIOR SQUAD TERM 3 - 2010**

**TERM 3 – MONDAY 12TH JULY – SATURDAY 18TH SEPTEMBER**

**No training over the Holiday Period (28/06—11/07)**

<b>DAY</b>	<b>AM</b>	<b>PM</b>
<b>MONDAY</b>		<b>3:45 - 5:15</b>
<b>TUESDAY</b>		<b>6:00 - 7.30</b>
<b>WEDNESDAY</b>	<b>5:45 - 7:30</b>	
<b>THURSDAY</b>		<b>5:00—6:30</b>
<b>FRIDAY</b>		<b>4:00 – 5:30</b>
<b>SATURDAY</b>	<b>7:30 – 9:30*</b>	

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

### **NO TRAINING**

**DURING SCHOOL HOLIDAYS.**

**WEDNESDAY AM 14TH JULY AND 21ST JULY (Michael away)**

**FRIDAY PM 16TH JULY (TIME TRIALS)**

**SATURDAY 17TH JULY (Michael away)**

**FRIDAY 20TH AUGUST (TIME TRIALS)**

**SATURDAY 28TH AUGUST (Vic State Age Champs)**

**FRIDAY 17TH SEPTEMBER (TIME TRIALS)**