

**SENIOR SQUAD  
TRAINING TIMES  
TERM 1/2008  
29<sup>th</sup> January – 20<sup>th</sup> March**

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**HOLIDAY TRAINING TIMES** – Please see Joanne if you haven't received the Holiday program

**TERM 1 TRAINING TIMES**

<b>DAY</b>	<b>AM</b>	<b>PM</b>
<b>MONDAY</b>	<b>5:45-7:30</b>	<b>5:20 – 7:30</b>
<b>TUESDAY</b>		
<b>WEDNESDAY</b>	<b>5:15-7:00</b>	
<b>THURSDAY</b>	<b>5:15-7:00</b>	<b>5:20 – 7:30</b>
<b>FRIDAY</b>	<b>5.45 – 7.30</b>	<b>5:20 – 7:30</b>
<b>SATURDAY</b>	<b>6.00 – 8.00</b>	

**TRAINING CHANGES ON:**

**4.30 – 6PM FRIDAY PM – 15<sup>th</sup> February – TIME TRIALS**

**4.30 – 6PM FRIDAY PM – 14<sup>TH</sup> March – TIME TRIALS**

**SWIM MEET CALENDAR – ENTRY FORMS AND FLYERS on Website**

SAT 9<sup>TH</sup> FEB State Sprints (11yrs/over) – CLOSING MID JANUARY