

SWIM TRAINING

MORNING

MORNING		AFTERNOONS	
MONDAY			
5.45 - 7.15 am	ELTHAM	6.30 - 7.30 PM	ELTHAM
		7.30 PM - 8.30 PM (senior squad only)	
TUESDAY			
6 - 7.15 AM	WATERMARC	6.30 - 7.30 pm	ELTHAM
WEDNESDAY			
5.45 - 7.15 am	ELTHAM	6.30 - 7.30 PM	ELTHAM
		7.30 PM - 8.30 PM (senior squad only)	
THURSDAY			
6 - 7.15 AM	WATERMARC	6.30 - 7.30 pm	ELTHAM
FRIDAY			
5.45 - 7.15 am	ELTHAM		
SATURDAY			
6 - 7.30 am	ELTHAM		

DRYLAND

AFTERNOONS

MONDAY			
5.30 - 6.30 PM	&	6.30 - 7.30 PM	
WEDNESDAY			
5 - 5.45 PM	&	5.45 - 6.30 PM	& 6.30 - 7.30 pm