

ELTHAMSWIM DOLPHINS

SWIM CLUB TRAINING

DAY	Type	Time	Venue	Time	Venue
		Morning		Afternoon	
Monday	Swim	5.30- 7 am	Eltham	6.45-8.00 pm	Eltham
Tuesday	Swim	5.45-7.15 am	Watermarc	6.30 - 7.30 pm	Eltham
Wednesday	Swim			6.45 - 8 pm	Eltham
	Dryland			5.45 - 6.30 pm	Eltham
Thursady	Swim	5.45-7.15 am	Watermarc	6.30 - 7.30 pm	Eltham
	Dryland			6.30 - 7.30 pm	Eltham
Friday	Swim	5.30- 7 am	Eltham	5 - 6 pm	Eltham
Saturday	Swim	6.30 - 8 am	Eltham		

DRYLAND SESSIONS

WEDNESDAY

4.00 pm - 4.30 pm	open to clients
4.30 pm 5 pm	open to clients
5.00 pm - 5.30 pm	open to clients
5.45 - 6.30 pm	SWIM CLUB
6.30 - 7.30 pm	open to clients

THURSDAY

4.00 pm - 4.30 pm	open to clients
4.30 pm 5 pm	open to clients
5.00 pm - 5.30 pm	open to clients
5.30 - 6 PM	open to clients
6 - 6.30 PM	SWIM CLUB
6.30 - 7.30 pm	SWIM CLUB