



Squad Training Times - SEPTEMBER 2010

SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BULLETS	No morning training 3.15pm -4.15pm	No morning training 3.15pm -4.15pm	No morning training Club Night (No afternoon Training)	No morning training 3.15pm -4.15pm	No morning training 3.15pm -4.15pm
TORPEDOS	3.15pm -4.15pm	6 am– 7 am 3.15pm -4.15pm	6 am– 7 am Club Night (No afternoon Training)	No morning training 3.15pm -4.15pm	6 am– 7 am 3.15pm -4.15pm
CANNONS	4.00pm -5.30pm	5.30 am– 7 am 4.00pm -5.30pm	5.30am– 7 am Club Night (No afternoon Training)	No morning training 4.00pm -5.30pm	5.30am– 7 am 3.30pm -5.00pm

Session Passes are available at the Kiosk for purchase prior to training, alternatively the club offers a season pass please see the ladies at the Kiosk for more information on both types of training fees to decide which method suites your family best.

Happy Swimming ☺