

FRIDAY DECEMBER 23, 2011

ALL SWIMMERS WELCOME / COMBINED SESSION

Monash Aquatic and Recreation Centre @ 9:00am to 10:30am
followed by an early lunch at 10.45-11.30am

Members please bring \$10 each on the day for pizza & drink.

Like to try an open water swim and/or fun run with your family?

Date	Event	Distance	Location	Website
January 7	Portsea Twilight Run	4.1km / 8.1km	Point Nepean National Park	www.starttofinish.com.au
January 15	Sorrento Bay	600m / 1.8km	Sorrento Foreshore	www.sorrentoslsc.com
January 21	Portsea Swim Classic	1.5km	Portsea Front Beach	www.portseasurf.com.au

Monday 9 January to Friday 27 January 2011

	Monday	Tuesday	Wednesday	Thursday	Friday
Pool	Harold Holt Swim Centre	Harold Holt Swim Centre	Harold Holt Swim Centre	Harold Holt Swim Centre	Harold Holt Swim Centre
Youth A	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am
Youth B	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am
Youth C	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am
Junior A	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am
Junior B		8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	
Junior C		8:00am – 9:15am	8:00am – 9:15am	8:00am – 9:15am	

- NO training will take place on Australia Day (Thursday January 26th, 2012)
- Please note the combined session on Friday January 13th for all swimmers 13 years and over.
- **Junior A** swimmers will not train on Friday January 13th

FRIDAY JANUARY 13, 2012

13 & OVER SWIMMERS COMBINED SESSION

Harold Holt Swim Centre @ 9:00am to 10:30am