

# Geelong Swimming Club Training WINTER 2009 (REVISED)

|  |                                   | Sunday   | Monday                                      | Tuesday                                     | Wednesday                                   | Thursday                                    | Friday                                      | Saturday                                |
|--|-----------------------------------|--|---|---|---|---|---|---|
| <b>GEEELONG<br/>COLLEGE POOL</b>       | AM                                | National<br>(from 15th June)   | (5.45 - 7.30am)                             | (5.45 - 7.30am)                             |   | (5.45 - 7.30am)                             | (5.45 - 7.30am)                             | (7.00 - 8.30am)                         |
|  |                                   | PM   |   | (4.00 - 5.00pm)<br>( 5.00 - 5.30pm) GYM     |   | (4.30 - 6.30pm)                             |   | (4.30 - 5.45pm)<br>( 5.45 - 6.15pm) GYM |
|  | AM                                |  | Gold<br>(from 15th June)                    | (5.45 - 7.30am)                             |   | (5.45 - 7.30am)                             |   | (5.45 - 7.30am)                         |
|  |                                   | PM   |   |   | (5.30 - 7.00pm)                             |   | (5.30 - 7.00pm)                             |   |
|  | AM                                |  | Open Water                                  | (5.45 - 7.30am)                             | (5.45 - 7.30am)                             | (5.45 - 7.30am)                             | (5.45 - 7.30am)                             | (5.45 - 7.30am)                         |
| PM                                     | Development<br>(from 12th July)   | (4.30 - 6.00pm)  |   | (4.30 - 5.30pm)                             |   | (4.30 - 5.30pm)                             |   |   |
|  | Starter Squad<br>(from 12th July) | (4.30 - 6.00pm)  |   |   |   |   |   |   |
| <b>GEEELONG<br/>AQUATIC<br/>CENTRE</b> | AM                                | Silver / Bronze<br>(revised timetable<br>starting from<br>22nd June) |   | 5.45 - 6.00am - Stretching<br>6.00 - 7.30am | 5.45 - 6.00am - Stretching<br>6.00 - 7.30am | 5.45 - 6.00am - Stretching<br>6.00 - 7.30am | 5.45 - 6.00am - Stretching<br>6.00 - 7.30am |   |
|  | PM                                |  | 5.30 - 6.00pm - Stretching<br>6.00 - 7.00pm |   | 5.30 - 6.00pm - Stretching<br>6.00 - 7.00pm |   |   |   |

**\*\* Silver & Bronze Squad: During School Holidays (29th June to 10th July) we will start in the water at 5.30pm.**