

Holiday Training Schedule (January)

All Training Sessions at Pascoe Vale pool only – 8 Attercliffe Ave.

Wed 4th – National Group only

5-7am (Riku)

4.30-6.00pm (Riku)

Fri 6th – National Swimmers only

5-7am (Riku)

Mon 9th, 16th & 23rd National and State

(morning groups from Pascoe Vale & Strathmore)

5-7am (Marcelo)

4.30-6.00 p.m (Marcelo/Riku)

Junior State & other club

6-7.30pm (Marcelo / Riku)

Wed 11th, 18th & 25th National & State

(morning groups from Pascoe Vale & Strathmore)

5-7am (Marcelo)

4.30-6.00 p.m (Marcelo/Riku)

Junior State & other club

6-7.30pm (Marcelo / Riku)

Thurs 12th & 19th (No 26th as Aust Day public Holiday)

National Squad only gym 5.30-7 am (Riku)

Fri 13th, 20th & 27th

(morning groups from Pascoe Vale & Strathmore)

5-7am (Marcelo)

Mon 30th January – normal training schedule resumes.