

CLUB TRAINING

MONDAY	SWIM	5.30 - 7.00 AM	Eltham	6.30 - 7.30 pm	Eltham		
	DRYLAND			5.45 - 6.30 PM		Eltham	
TUESDAY	SWIM	5.45 - 7.15 am	Watermarc	6.30 - 7.30 pm	Eltham		
WEDNESDAY	SWIM			6.30 - 7.30 pm	Eltham		
	DRYLAND			5.45 - 6.30 PM		Eltham	
THURSDAY	SWIM	5.45 - 7.15 am	Watermarc	6.30 - 7.30 pm	Eltham		
FRIDAY	SWIM	5.30 - 7 am	Eltham				
SATURDAY	SWIM	6 - 7.15 am	Eltham				

NON- CLUB TRAINING

MONDAY	SWIM			6.30 - 7.30 pm	Eltham		
TUESDAY	SWIM			6.30 - 7.30 pm	Eltham		
WEDNESDAY	SWIM			6.30 - 7.30 pm	Eltham		
THURSDAY	SWIM			6.30 - 7.30 pm	Eltham		
FRIDAY	SWIM						
SATURDAY	SWIM						