

Morning Sessions			Afternoon Sessions		
		Venue			Venue
Monday 23 September 2024	As normal				
Tuesday 24 September 2024	5.45 - 7.15 am	Watermarc			
Wednesday 25 September 2024			Swim session 1 4 - 5.15 pm	Swim session 2 5.15 - 6.30 pm	Eltham
			Dryland 4.15 - 5.15 pm		
Thursday 26 September 2024	5.45 - 7.15 am	Watermarc			
Friday 27 September 2024	No training				
Saturday 28 September 2024	7 - 8.30 am	Eltham			
Saturday 28 September 2024	No training				
Monday 30 September 2024			Swim session 1 4 - 5.15 pm	Swim session 2 5.15 - 6.30 pm	Eltham
			Dryland 4.15 - 5.15 pm		
Tuesday 1 October 2024	5.45 - 7.15 am	Watermarc			
Wednesday 2 October 2024			Swim session 1 4 - 5.15 pm	Swim session 2 5.15 - 6.30 pm	Eltham
			Dryland 4.15 - 5.15 pm		
Thursday 3 October 2024	5.45 - 7.15 am	Watermarc			
Friday 4 October 2024	No training				
Saturday 5 October 2024	7 - 8.30 am	Eltham			
Sunday 6 October 2024	No training				
Monday 7 October 2024	Normal training resumes				

Normal Club Sessions for Monday 30th September, and resumes from Monday 7th October

### CLUB TRAINING

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