

TRAINING TIMES : ELTHAM SWIMMING CLUB

COMMENCING 10th November 2008

SUMMARY					
National Squad 8 Swim	National Development 7 Swim	State Squad A 6 Swim	State Senior 3+ Swim	State Squad B 5 Swim	
State Development 4 Swim,	State Development 4 Swim	State Development A 4 Swim	State Development A 4 Swim	State Development B 3 Swim	Fitness Squad 3 Swim

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELTHAM AM	ELTHAM AM	ELTHAM AM	ELTHAM AM	ELTHAM AM	ELTHAM AM
5.00 - 6.30am SWIM	5.00 - 6.30am SWIM	5.00 - 6.00am SWIM	5.00 - 6.30am SWIM	5.00 - 6.30am SWIM	5.30 - 7.30am SWIM
5.00 - 6.30am SWIM	5.00 - 6.30am SWIM	5.00 - 6.00am SWIM	5.00 - 6.30am SWIM	5.00 - 6.30am SWIM	5.30 - 7.30am SWIM
5.00 - 6.00am SWIM	5.00 - 6.30am SWIM	5.00 - 6.00am SWIM	5.00 - 6.30am SWIM	5.00 - 6.00am SWIM	6.00 - 7.30am SWIM
	5.00 - 6.30am SWIM	5.00 - 6.00am SWIM	5.00 - 6.30am SWIM		6.00 - 7.30am SWIM
	5.00 - 6.30am SWIM	5.00 - 6.00am SWIM			6.00 - 7.30am SWIM
					7.30 - 8.00 GYM
					7.30 - 9.00am SWIM
					7.30 - 9.00am SWIM
					8.00 - 9.00am SWIM
					8.00 - 9.00am SWIM
					8.00 - 9.00am SWIM

LATROBE PM
4.30 - 5.00 GYM (SD only)
5.00 - 6.00pm SWIM
5.00 - 6.00pm SWIM
6.00 - 7.00pm SWIM
6.00 - 7.00pm SWIM

ELTHAM PM	ELTHAM PM	ELTHAM PM	ELTHAM PM	ELTHAM PM
7.00 - 8.00pm SWIM	7.00 - 8.00pm SWIM	6.30 - 7.00 GYM	6.30 - 7.00 GYM	6.30 - 7.00 GYM
	7.00 - 9.00pm SWIM	7.00 - 8.00pm SWIM	7.00 - 8.30pm SWIM	7.00 - 8.00pm SWIM
	7.00 - 9.00pm SWIM	7.00 - 8.00pm SWIM	7.00 - 9.00pm SWIM	7.00 - 8.00pm SWIM
		7.00 - 8.00pm SWIM		7.00 - 8.00pm SWIM
		7.00 - 8.00pm SWIM		7.00 - 8.00pm SWIM
		7.00 - 8.00pm SWIM		7.00 - 9.00pm SWIM
		7.00 - 8.00pm SWIM		7.00 - 9.00pm SWIM
		7.00 - 8.00pm SWIM		7.00 - 9.00pm SWIM