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January Training Timetable

We hope that you are enjoying the holiday season! Please find below a timetable of training sessions for each squad group for January 2014. The focus of the session will be technique and skills and will be a great opportunity to make some improvements in these areas.

Please note that **no sessions will be run on Monday 27th January** (Australia Day Holiday).

Standard timetables will resume from TUESDAY 28th January 2014

If you have any questions, please don't hesitate to call Aquarena administration on 9848 0000 or email our Head Coach Nic Campbell: nic.campbell@ymca.org.au

Below are the training details for each squad over the month of January.

Senior Squad

January 6th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30-7:30		5:30-7:30		7:00-9:00
PM	3:00-5:00		3:00-5:00		3:00-5:00	

January 20 to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:15-7:15*	5:15-7:15*	5:15-7:15*	5:15-7:15*	5:15-7:15*	7:00-9:00
PM		4:30-6:00	4:30-6:00	4:30-6:00		
Dry Land				6:00-6:45		9:00-9:45

*15min dry land 5:15 to 5:30

State Development Squad

January 6th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30-7:30		5:30-7:30		7:00-9:00
PM	3:00-5:00		3:00-5:00		3:00-5:00	

January 20 to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30-7:00		5:30-7:00	5:30-7:00	7:00-9:00
PM	4:30-6:00		4:30-6:00			9:00-9:45
Dry Land						

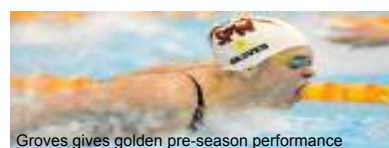
Emerging Squad

January 6th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6:00-7:30		6:00-7:30			
PM		3:30-5:00		3:30-5:00		



PORTAL
COMING SOON!



January 20 to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:40-7:00		5:40-7:00		5:40-7:00	
PM		4:30-6:00		4:30-6:00		
Dry Land		6:00-6:45				

Intermediate Squad

January 13th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM	6:00-7:00			6:00-7:00		

January 20 to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						9:00-10:00
PM		6:00-7:00		6:00-7:00	6:00-7:00	

Junior Group 1

January 13th to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	5:00-6:00		5:00-6:00		5:00-6:00	

Junior Group 2

January 13th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	5:00-6:00		5:00-6:00		5:00-6:00	

January 20th to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						9:00-10:00
PM	6:00-7:00		6:00-7:00		6:00-7:00	

Junior Group 3

January 13th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	5:00-6:00		5:00-6:00		5:00-6:00	

January 20th to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						9:00-10:00
PM		6:00-7:00		6:00-7:00		

Advancement Group 1

January 13th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM		5:00-6:00		5:00-6:00		

January 20th to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM			4:00-5:00		4:00-5:00	

Advancement Group 2

January 13th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM		5:00-6:00		5:00-6:00		

January 20th to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	5:00-6:00			5:00-6:00		

Advancement Group 3

January 13th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM		5:00-6:00		5:00-6:00		

January 20th to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						9:00-10:00
PM		5:00-6:00				

Advancement Group 4

January 13th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM		5:00-6:00		5:00-6:00		

January 20th to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM	6:00-7:00			6:00-7:00		

Advancement Group 5

January 13th to 18th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM		5:00-6:00		5:00-6:00		

January 20th to 25th, 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PM			5:00-6:00		5:00-6:00	

**[DTASC Swimmers To The Rescue](#)**

Congratulations to our swimmers who are now fully-fledged life guards.

[Read More](#)

**[DTASC Encouragement Meet 2013 - Oct 20, 2013](#)**

Thanks to all the swimmers and families that attended the DTASC Encouragement Meet on October 20. We hope you had a great time - we certainly enjoyed having you at our pool.

[Read More](#)

[New Web Site](#)

Welcome to the new web site for Doncaster / Templestowe Amateur Swimming Club

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Sponsors

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Website provided by Swimming Australia

