

Pre-Christmas Training Schedule (State & Senior Program)

This is predominantly for swimmers who train in the morning squad at Pascoe Vale on Monday/Wednesday/Friday and Saturday morning (1st squad) at Strathmore.

All other (VU, Brunswick, Travancore) training times remain the same and end for the year on Tuesday 19th December 2017.

Monday 11th December

Morning: Pascoe Vale 5 – 7am
Afternoon: Strathmore 6 – 7.30pm

Wednesday 13th December

Morning: Pascoe Vale 5 – 7am
Afternoon: Strathmore 6 – 7.30pm

Friday 15th December

Morning: No training
Afternoon: Strathmore 5 – 6.30pm

Saturday 16th December

Morning: Strathmore combined squad 6.30 – 8am

Monday 18th December

Morning: No training
Afternoon: Strathmore 6 – 7.30pm

Wednesday 20th December

Morning: Pascoe Vale 5 – 7am
Squad Christmas breakfast after training