

## **Alpha & Omega Swimming**

## **Term 2 2016 Training Timetable**

## \*All sessions held at Mercedes College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			SWIMMING		SWIMMING	SWIMMING
АМ			State/ Silver/ Gold 6:00-7:30pm		State / Silver/Gold 6:00-7:30	State/ Gold/ Silver/ Bronze/Bronze Junior 7:00-8:30
	SWIMMING	Group Fitness Training	SWIMMING	Group Fitness Training		
		4:00-4:45		4:00-4:45		
	<b>Bronze Junior</b>		Bronze Junior/Bronze/			
	Bronze/ Silver	SWIMMING	Silver	SWIMMING		
	4:00-5:30pm	Bronze Junior/	4:00-5:30			
	State/ Gold	Bronze/ Silver	State/ Gold	Bronze Junior/ Bronze/ Silver		
PM	4:00-6:00pm	4:45-5:30pm	4:00-6:00pm	4:45-5:30pm		
		State/ Gold 4:45-6:00pm	·	State/ Gold 4:45-6:00pm		