

Training Sessions Offered:

Day and Date	Session	Session 2
Thursday 28 November	7.00am-8.30am	3.30-5.00pm
Tuesday 3 December	7.00am-8.30am	3.30-5.00pm
Thursday 5 December	7.00am-8.30am	3.30-5.00pm
Tuesday 10 December	7.00am-8.30am	3.30-5.00pm
Thursday 12 December	7.00am-8.30am	3.30-5.00pm
Tuesday 14 January	7.00am-8.30am	3.30-5.00pm
Thursday 16 January	7.00am-8.30am	3.30-5.00pm
Tuesday 21 January	7.00am-8.30am	3.30-5.00pm
Thursday 23 January	Swim Camp	Swim Camp
Friday 24 January	Swim Camp	Swim Camp