May 2010

Training Schedule

Westville Swimming Club

Week 18	Mon 03 May	Tue 04 May	Wed 05 May	Thu 06 May	Fri 07 May	Sat 08 May	Sun 09 May
AM Training							
Dolphins	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:00 PM --- 4:45 PM	8:00 AM --- 8:45 AM	
Sharks	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:00 PM --- 5:00 PM	8:00 AM --- 9:00 AM	
Juniors	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:00 PM --- 6:00 PM	7:30 AM --- 9:00 AM	
Seniors	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:00 PM --- 6:00 PM	7:00 AM --- 9:00 AM	
Elite	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:00 PM --- 6:00 PM	7:00 AM --- 9:00 AM	
Info / Galas							

Week 19	Mon 10 May	Tue 11 May	Wed 12 May	Thu 13 May	Fri 14 May	Sat 15 May	Sun 16 May
AM Training							
Dolphins	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:00 PM --- 4:45 PM	8:00 AM --- 8:45 AM	
Sharks	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:00 PM --- 5:00 PM	8:00 AM --- 9:00 AM	
Juniors	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:00 PM --- 6:00 PM	7:30 AM --- 9:00 AM	
Seniors	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:00 PM --- 6:00 PM	7:00 AM --- 9:00 AM	
Elite	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:30 PM --- 6:30 PM	4:00 PM --- 6:30 PM	7:00 AM --- 9:00 AM	
Info / Galas							

Week 20	Mon 17 May	Tue 18 May	Wed 19 May	Thu 20 May	Fri 21 May	Sat 22 May	Sun 23 May
AM Training							
Dolphins	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:00 PM --- 4:45 PM	8:00 AM --- 8:45 AM	
Sharks	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:00 PM --- 5:00 PM	8:00 AM --- 9:00 AM	
Juniors	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:00 PM --- 6:00 PM	7:30 AM --- 9:00 AM	
Seniors	4:30 PM --- 7:00 PM	4:30 PM --- 6:30 PM	4:30 PM --- 7:00 PM	4:30 PM --- 7:00 PM	4:00 PM --- 6:00 PM	7:00 AM --- 9:00 AM	
Elite	4:30 PM --- 7:00 PM	4:30 PM --- 6:30 PM	4:30 PM --- 7:00 PM	4:30 PM --- 7:00 PM	4:00 PM --- 6:00 PM	7:00 AM --- 9:00 AM	
Info / Galas							

Week 21	Mon 24 May	Tue 25 May	Wed 26 May	Thu 27 May	Fri 28 May	Sat 29 May	Sun 30 May
AM Training							
Dolphins	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:00 PM --- 4:45 PM	8:00 AM --- 8:45 AM	
Sharks	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:00 PM --- 5:00 PM	8:00 AM --- 9:00 AM	
Juniors	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:00 PM --- 6:00 PM	7:30 AM --- 9:00 AM	
Seniors	4:30 PM --- 7:00 PM	4:30 PM --- 6:30 PM	4:30 PM --- 7:00 PM	4:30 PM --- 7:00 PM	4:00 PM --- 6:00 PM	7:00 AM --- 9:00 AM	
Elite	4:30 PM --- 7:00 PM	4:30 PM --- 6:30 PM	4:30 PM --- 7:00 PM	4:30 PM --- 7:00 PM	4:00 PM --- 6:00 PM	7:00 AM --- 9:00 AM	
Info / Galas							

Week 22	Mon 31 May	Tue 01 Jun	Wed 02 Jun	Thu 03 Jun	Fri 04 Jun	Sat 05 Jun	Sun 06 Jun
AM Training							
Dolphins	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:30 PM --- 5:15 PM	4:00 PM --- 4:45 PM	8:00 AM --- 8:45 AM	
Sharks	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:30 PM --- 5:30 PM	4:00 PM --- 5:00 PM	8:00 AM --- 9:00 AM	
Juniors	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:30 PM --- 7:00 PM	5:00 PM --- 6:00 PM	7:30 AM --- 9:00 AM	
Seniors	4:30 PM --- 7:00 PM	4:30 PM --- 6:30 PM	4:30 PM --- 7:00 PM	4:30 PM --- 7:00 PM	4:00 PM --- 6:00 PM	7:00 AM --- 9:00 AM	
Elite	4:30 PM --- 7:00 PM	4:30 PM --- 6:30 PM	4:30 PM --- 7:00 PM	4:30 PM --- 7:00 PM	4:00 PM --- 6:00 PM	7:00 AM --- 9:00 AM	
Info / Galas							