

National Age Group Swim Squads Training Schedule 2011 Christmas Training Camp

All Sessions at the National Stadium Pool

2011

Wednesday, December 28 th	-	6.30 - 8.30 a.m.	Senior & Junior
Wednesday, December 28 th	-	3.00 - 5.00 p.m.	All Squads
Thursday, January 29 th	-	ELECTION DAY	(No Training)
Friday, December 30 th	-	2.30 - 4.30 p.m.	All Squads

Saturday, December 31st	-	8.30 a.m.	All Squads (Development Meet with McMaster University)
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2012

Monday, January 2 nd	-	3.00 - 5.00 p.m.	All Squads
Tuesday, January 3 rd	-	6.30 - 8.30 a.m.	Senior & Junior
Tuesday, January 3 rd	-	3.00 - 5.00 p.m.	All Squads
Wednesday, January 4 th	-	6.30 - 8.30 a.m.	Senior & Junior
Wednesday, January 4 th	-	3.00 - 5.00 p.m.	All Squads
Thursday, January 5 th	-	5.00 - 6.45 a.m.	All Squads