

**TIMES FOR TRAINING COACH ROB'S CAMP
JANUARY 1 – 4, 2010**

All sessions at UWI pool except 4th Jan am which will be at YMCA

Please remember pool fees of \$100 per session

| | | |
|---------------------|---------------|---------------|
| 1 ST Jan | 3.00 – 4.00pm | Group 3 & 4 |
| 1 st Jan | 4.00 – 6.00pm | Group 1 & 2 |
| 2 nd Jan | 7.00 – 9.00am | Group 1 & 3 |
| 2 nd Jan | 3.00 – 4.00pm | Group 4 |
| 2 nd Jan | 3.00 – 6.00pm | Group 1 |
| 2 nd Jan | 4.00 – 6.00pm | Group 2 |
| 3 rd Jan | 7.00 – 9.00am | Group 1 & 2 |
| 3 rd Jan | 3.00 – 4.30pm | Group 3 |
| 3 rd Jan | 3.00 – 6.00pm | Group 1 & 2 |
| 4 th Jan | 5.00 – 6.45am | Group 2,3 & 4 |
| 4 th Jan | 5.00 – 7.30am | Group 1 |
| 4 th Jan | 2.00 – 4.00pm | Group 1 & 2 |