



## Season 2009 and 2010 Training Times

These times may change during the swimming season, but we will make every endeavour to notify you of any changes.

Times are as follows

Tuesday .....6:00am  
Wednesday..... 6:00am  
Friday..... 6:00am

Monday..... 5:15pm  
Tuesday..... 5:15pm  
Thursday..... 5:15pm

Please be aware as part of the swimmers Code of Conduct all swimmers are expected to be on pool deck at the times specified above, spending the first 15mins AT LEAST stretching up ready to enter the water on the coach's arrival.

Regards  
Head Coach  
Shirley Swan