

Winter Break Training Camp 2024

	Senior	Junior		Age Group 1 & 2 **		Novice
18 -23 Dec 2023	Regular schedule PLUS Monday AM and Saturday AM (6-10 AM)			Regular schedule		
24 Dec 2023 - 1 Jan 2024	OFF					
Tuesday 2 Jan 2024	8:30-11:15 am	4:30-6:30 pm	9:15-11:15 am	4:30-6:30 pm		4:30-6:30 pm
Wednesday 3 Jan 2024	8:30-11:15 am	4:30-6:30 pm GYM	9:15-11:15 am		9:15-11:15 am	
Thursday 4 Jan 2024	8:30-11:15 am	4:30-6:30 pm	9:15-11:15 am	4:30-6:30 pm		4:30-6:30 pm
Friday 5 Jan 2024	8:30-11:15 am	3:45-5:45 pm	9:15-11:15 am	3:45-5:45 pm		3:45-5:45 pm
Saturday 6 Jan 2024	6:00-9:00 am		6:00-9:00 am		6:15-8:15 am	
Monday 8 Jan 2024	Regular Competitive Practice Schedule Starts					

Last Day of regular Competitive Training - Saturday 23 December 2023

First Day of regular Competitive Training - Monday 8 December 2024

** Note some Age Group swimmers will be invited to do the Jr group workout. The coach will let the swimmer know which day they will come.