

Day and date	JUNIOR 3			
	WINKIPOP GROUP	SORRENTO GROUP	WOOLAMAI GROUP	QUEENSCLIFF GROUP
Monday, 1 March 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 2 March 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 3 March 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 4 March 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 5 March 2010				
Monday, 8 March 2010	■ No swimming		■ No swimming	
Tuesday, 9 March 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 10 March 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 11 March 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 12 March 2010				
Monday, 15 March 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 16 March 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 17 March 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 18 March 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 19 March 2010				
Monday, 22 March 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 23 March 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 24 March 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 25 March 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 26 March 2010				
Monday, 29 March 2010	5.30-6.30pm M25		No training at Scopus Swimmers to train with J3 Winkipop or J3 Sorrento	
Tuesday, 30 March 2010		6.00-7.00pm M25		
Wednesday, 31 March 2010	5.30-6.30pm M25			
Thursday, 1 April 2010	CS 9.00-10.30am M25	CS 9.00-10.30am M25		
Friday, 2 April 2010	BREAK			
Monday, 5 April 2010				
Tuesday, 6 April 2010				
Wednesday, 7 April 2010	5.30-6.30pm M25		No training at Scopus Swimmers to train with J3 Winkipop or J3 Sorrento	
Thursday, 8 April 2010		6.00-7.00pm M25		
Friday, 9 April 2010				
Monday, 12 April 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	Note new Wednesday starting time is 4.50pm at Scopus
Tuesday, 13 April 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 14 April 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 15 April 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 16 April 2010				
Monday, 19 April 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 20 April 2010		6.00-7.00pm M25		■ No swimming
Wednesday, 21 April 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 22 April 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 23 April 2010				
Monday, 26 April 2010	■ No swimming		■ No swimming	
Tuesday, 27 April 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 28 April 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 29 April 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 30 April 2010				
Monday, 3 May 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 4 May 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 5 May 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 6 May 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 7 May 2010				
Monday, 10 May 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 11 May 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 12 May 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 13 May 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 14 May 2010	TERM 2 TIME TRIALS 6.30-8.30pm M25			
Monday, 17 May 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 18 May 2010		6.00-7.00pm M25	No training at Scopus Swimmers to train with J3 Winkipop or J3 Sorrento	
Wednesday, 19 May 2010	5.30-6.30pm M25			
Thursday, 20 May 2010		6.00-7.00pm M25		
Friday, 21 May 2010				
Monday, 24 May 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 25 May 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 26 May 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 27 May 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 28 May 2010				

■ = Variations to normal schedule (time, day and/or location)

M25 = MARC 25m indoor pool

M50 = MARC 50m outdoor pool

Scopus = Mount Scopus Pool

HOLT = Harold Holt Pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)

X = Sessions consisting of outdoor dryland training (please bring runners)

Studio = Dry-land training held in upstairs exercise studios at MARC

Creche = Dry-land training held in Creche at MARC

Day and date	JUNIOR 2			
	TORQUAY GROUP	POINT LEO GROUP	ANGLESEA GROUP	FAIRHAVEN GROUP
Monday, 1 March 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 2 March 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Wednesday, 3 March 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 4 March 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 5 March 2010	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X
Monday, 8 March 2010	■ No swimming			■ No swimming
Tuesday, 9 March 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Wednesday, 10 March 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 11 March 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 12 March 2010	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X
Monday, 15 March 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 16 March 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Wednesday, 17 March 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 18 March 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 19 March 2010	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X
Monday, 22 March 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 23 March 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Wednesday, 24 March 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 25 March 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 26 March 2010	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X	J+ 4.30-6.00pm M50 X
Monday, 29 March 2010	6.30-7.30pm M25		No training at Scopus Swimmers to train with J2 Torquay or J2 Point Leo	
Tuesday, 30 March 2010		7.00-8.00pm M25		
Wednesday, 31 March 2010	6.30-7.30pm M25			
Thursday, 1 April 2010	CS 9.00-10.30am M50	CS 9.00-10.30am M50		
Friday, 2 April 2010	BREAK			
Monday, 5 April 2010	BREAK			
Tuesday, 6 April 2010	BREAK			
Wednesday, 7 April 2010	6.30-7.30pm M25		No training at Scopus Swimmers to train with J2 Torquay or J2 Point Leo	
Thursday, 8 April 2010		7.00-8.00pm M25		
Friday, 9 April 2010	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio		
Monday, 12 April 2010	6.30-7.30pm M25		Note new Wednesday starting time is 4.50pm at Scopus	
Tuesday, 13 April 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.30-5.30pm Scopus
Wednesday, 14 April 2010	6.30-7.30pm M25			4.50-6.00pm Scopus
Thursday, 15 April 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 16 April 2010	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio
Monday, 19 April 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 20 April 2010		7.00-8.00pm M25	■ No swimming	
Wednesday, 21 April 2010	6.30-7.30pm M25			4.50-6.00pm Scopus
Thursday, 22 April 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 23 April 2010	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio
Monday, 26 April 2010	■ No swimming			■ No swimming
Tuesday, 27 April 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Wednesday, 28 April 2010	6.30-7.30pm M25			4.50-6.00pm Scopus
Thursday, 29 April 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 30 April 2010	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio
Monday, 3 May 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 4 May 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Wednesday, 5 May 2010	6.30-7.30pm M25			4.50-6.00pm Scopus
Thursday, 6 May 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 7 May 2010	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio
Monday, 10 May 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 11 May 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Wednesday, 12 May 2010	6.30-7.30pm M25			4.50-6.00pm Scopus
Thursday, 13 May 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 14 May 2010	TERM 2 TIME TRIALS 6.30-8.30pm M25			
Monday, 17 May 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 18 May 2010		7.00-8.00pm M25	No training at Scopus Swimmers to train with J2 Torquay or J2 Point Leo	
Wednesday, 19 May 2010	6.30-7.30pm M25			
Thursday, 20 May 2010		7.00-8.00pm M25		
Friday, 21 May 2010	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio
Monday, 24 May 2010	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 25 May 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Wednesday, 26 May 2010	6.30-7.30pm M25			4.50-6.00pm Scopus
Thursday, 27 May 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X	
Friday, 28 May 2010	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio	J+ 4.30-6.00pm M50/Studio

■ = Variations to normal schedule (time, day and/or location)

J+ = Sessions for Junior Plus swimmers only

M25 = MARC 25m indoor pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)

M50 = MARC 50m outdoor pool

X = Sessions consisting of outdoor dryland training (please bring runners)

Scopus = Mount Scopus Pool

Studio = Dry-land training held in upstairs exercise studios at MARC

HOLT = Harold Holt Pool

Creche = Dry-land training held in Creche at MARC



TATESWIM AUTUMN TRAINING CALENDAR (March 2010 to May 2010)

Updated 7/4/2010

Day and date	JUNIOR FITNESS		JUNIOR 1	
	Sessions at MARC	Sessions at Scopus	Sessions at MARC	Sessions @ Scopus
Monday, 1 March 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 2 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 3 March 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 4 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 5 March 2010	J+ 4.30-6.00pm M25 X		4.30-6.00pm M50/Studio	
Monday, 8 March 2010	■ No swimming		■ No swimming	
Tuesday, 9 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 10 March 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 11 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 12 March 2010	J+ 4.30-6.00pm M25 X		4.30-6.00pm M50/Studio	
Monday, 15 March 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 16 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 17 March 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 18 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 19 March 2010	J+ 4.30-6.00pm M25 X		4.30-6.00pm M50/Studio	
Monday, 22 March 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 23 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 24 March 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 25 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 26 March 2010	J+ 4.30-6.00pm M25 X		4.30-6.00pm M50/Studio	
Monday, 29 March 2010	7.30-8.30pm M25	No training at Scopus	6.30-7.45pm M25	No training at Scopus
Tuesday, 30 March 2010	7.00-8.00pm M25			
Wednesday, 31 March 2010	6.30-7.45pm M50			
Thursday, 1 April 2010	CS 9.00-10.30am M50			
Friday, 2 April 2010	BREAK			
Monday, 5 April 2010	BREAK			
Tuesday, 6 April 2010	BREAK			
Wednesday, 7 April 2010	6.30-7.45pm M50	No training at Scopus	6.30-7.45pm M25	No training at Scopus
Thursday, 8 April 2010	7.00-8.00pm M25			
Friday, 9 April 2010	J+ 4.30-6.00pm M25/Studio			
Monday, 12 April 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 13 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 14 April 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 15 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 16 April 2010	J+ 4.30-6.00pm M25/Studio		4.30-6.00pm M50/Studio	
Monday, 19 April 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 20 April 2010	7.00-8.00pm M25	■ No swimming	■ No swimming	■ No swimming
Wednesday, 21 April 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 22 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 23 April 2010	J+ 4.30-6.00pm M25/Studio		4.30-6.00pm M50/Studio	
Monday, 26 April 2010	■ No swimming		■ No swimming	
Tuesday, 27 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 28 April 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 29 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 30 April 2010	J+ 4.30-6.00pm M25/Studio		4.30-6.00pm M50/Studio	
Monday, 3 May 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 4 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 5 May 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 6 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 7 May 2010	J+ 4.30-6.00pm M25/Studio		4.30-6.00pm M50/Studio	
Monday, 10 May 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 11 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 12 May 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 13 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 14 May 2010	TERM 2 TIME TRIALS 6.30-8.30pm M25			
Monday, 17 May 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 18 May 2010	7.00-8.00pm M25	■ No swimming	■ No swimming	■ No swimming
Wednesday, 19 May 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 20 May 2010	7.00-8.00pm M25	■ No swimming	■ No swimming	■ No swimming
Friday, 21 May 2010	J+ 4.30-6.00pm M25/Studio		4.30-6.00pm M50/Studio	
Monday, 24 May 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 25 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 26 May 2010	6.30-7.45pm M50		6.30-7.45pm M25	
Thursday, 27 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus X		4.50-6.00pm Scopus X
Friday, 28 May 2010	J+ 4.30-6.00pm M25/Studio		4.30-6.00pm M50/Studio	

■ = Variations to normal schedule (time, day and/or location)

J+ = Sessions for Junior Plus swimmers only

M25 = MARC 25m indoor pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)

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X = Sessions consisting of outdoor dryland training (please bring runners)

Scopus = Mount Scopus Pool

Studio = Dry-land training held in upstairs exercise studios at MARC

HOLT = Harold Holt Pool

Creche = Dry-land training held in Creche at MARC



TATESWIM AUTUMN TRAINING CALENDAR (March 2010 to May 2010)

Updated 7/4/2010

Day and date	JUNIOR STATE		STATE	
	AM	PM	AM	PM
Monday, 1 March 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 2 March 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 3 March 2010	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 4 March 2010		6.00-7.15pm Scopus		5.00-6.30pm M50
Friday, 5 March 2010	5.45-7.15am M25	4.30-6.30pm Studio/M50	5.45-7.15am M25/M50	4.30-6.30pm Studio/M50
Monday, 8 March 2010		■ No swimming	■ No swimming	■ No swimming
Tuesday, 9 March 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 10 March 2010	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 11 March 2010		6.00-7.15pm Scopus		5.00-6.30pm M50
Friday, 12 March 2010	5.45-7.15am M25	4.30-6.30pm Studio/M50	5.45-7.15am M25/M50	4.30-6.30pm Studio/M50
Monday, 15 March 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 16 March 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 17 March 2010	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 18 March 2010		6.00-7.15pm Scopus		5.00-6.30pm M50
Friday, 19 March 2010	5.45-7.15am M25	4.30-6.30pm Studio/M50	5.45-7.15am M25/M50	4.30-6.30pm Studio/M50
Monday, 22 March 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 23 March 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 24 March 2010	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 25 March 2010		6.00-7.15pm Scopus		5.00-6.30pm M50
Friday, 26 March 2010	5.45-7.15am M25	4.30-6.30pm Studio/M50	5.45-7.15am M25/M50	4.30-6.30pm Studio/M50
School holiday schedule commences				
Monday, 29 March 2010		4.30-6.30pm M50 X		4.30-6.30pm M50 X
Tuesday, 30 March 2010		4.30-6.30pm M50 X		4.30-6.30pm M50 X
Wednesday, 31 March 2010		4.30-6.30pm M50 X		4.30-6.30pm M50 X
Thursday, 1 April 2010	CS 9.00-10.30am M50		CS 9.00-10.30am M50	
Friday, 2 April 2010	BREAK			
Monday, 5 April 2010				
Tuesday, 6 April 2010				
Wednesday, 7 April 2010		4.30-6.30pm M50 X		4.30-6.30pm M50 X
Thursday, 8 April 2010				
Friday, 9 April 2010		⊕ 4.30-6.00pm Studio/M50		⊕ 4.30-6.00pm Studio/M50
School holiday schedule concludes				
Monday, 12 April 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 13 April 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 14 April 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 15 April 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 16 April 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 19 April 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 20 April 2010		■ No swimming		■ No swimming
Wednesday, 21 April 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 22 April 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 23 April 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 26 April 2010		■ No swimming	■ No swimming	■ No swimming
Tuesday, 27 April 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 28 April 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 29 April 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 30 April 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 3 May 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 4 May 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 5 May 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 6 May 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 7 May 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 10 May 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 11 May 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 12 May 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 13 May 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 14 May 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 17 May 2010		5.00-6.30pm M50		5.00-6.30pm M50
Tuesday, 18 May 2010		■ No swimming		■ No swimming
Wednesday, 19 May 2010	■ No swimming	⊕ 7.15-8.30pm M25 X	■ No swimming	⊕ 5.00-6.30pm Studio/M50
Thursday, 20 May 2010		■ No swimming		■ No swimming
Friday, 21 May 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 24 May 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 25 May 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 26 May 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 27 May 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 28 May 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50

■ = Variations to normal schedule (time, day and/or location)

⊕ = Time/pool/session varied to suit season

M25 = MARC 25m indoor pool
M50 = MARC 50m outdoor pool
Scopus = Mount Scopus Pool
HOLT = Harold Holt Pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)
X = Sessions consisting of outdoor dryland training (please bring runners)
Studio = Dry-land training held in upstairs exercise studios at MARC
Creche = Dry-land training held in Creche at MARC



TATESWIM AUTUMN TRAINING CALENDAR (March 2010 to May 2010)

Updated 7/4/2010

Day and date	NATIONAL	
	AM	PM
Monday, 1 March 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 2 March 2010		5.45-7.15pm Scopus X
Wednesday, 3 March 2010	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 4 March 2010		5.00-6.30pm M50
Friday, 5 March 2010	5.45-7.15am M25	4.30-6.30pm Studio/M50
Monday, 8 March 2010	■ No swimming	■ No swimming
Tuesday, 9 March 2010		5.45-7.15pm Scopus X
Wednesday, 10 March 2010	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 11 March 2010		5.00-6.30pm M50
Friday, 12 March 2010	5.45-7.15am M25/M50	4.30-6.30pm Studio/M50
Monday, 15 March 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 16 March 2010		5.45-7.15pm Scopus X
Wednesday, 17 March 2010	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 18 March 2010		5.00-6.30pm M50
Friday, 19 March 2010	5.45-7.15am M25	4.30-6.30pm Studio/M50
Monday, 22 March 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 23 March 2010		5.45-7.15pm Scopus X
Wednesday, 24 March 2010	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 25 March 2010		5.00-6.30pm M50
Friday, 26 March 2010	5.45-7.15am M25	4.30-6.30pm Studio/M50
School holiday schedule commences		
Monday, 29 March 2010		4.30-6.30pm M50 X
Tuesday, 30 March 2010		4.30-6.30pm M50 X
Wednesday, 31 March 2010		4.30-6.30pm M50 X
Thursday, 1 April 2010	CS 9.00-10.30am M50	
Friday, 2 April 2010		
Monday, 5 April 2010	Nationals in Sydney (April 5-10). Swimmers not attending Nationals may train with State Squad	
Tuesday, 6 April 2010		
Wednesday, 7 April 2010		
Thursday, 8 April 2010		
Friday, 9 April 2010		
School holiday schedule concludes		
Monday, 12 April 2010	BREAK	
Tuesday, 13 April 2010		
Wednesday, 14 April 2010		
Thursday, 15 April 2010		
Friday, 16 April 2010		
Monday, 19 April 2010		
Tuesday, 20 April 2010		
Wednesday, 21 April 2010		
Thursday, 22 April 2010		
Friday, 23 April 2010		
Monday, 26 April 2010		
Tuesday, 27 April 2010		
Wednesday, 28 April 2010		
Thursday, 29 April 2010		
Friday, 30 April 2010		
Monday, 3 May 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 4 May 2010		5.45-7.15pm Scopus X
Wednesday, 5 May 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 6 May 2010		⊕ 5.45-7.15pm Scopus X
Friday, 7 May 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 10 May 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 11 May 2010		5.45-7.15pm Scopus X
Wednesday, 12 May 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 13 May 2010		⊕ 5.45-7.15pm Scopus X
Friday, 14 May 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 17 May 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 18 May 2010		■ No swimming
Wednesday, 19 May 2010	■ No swimming	⊕ 5.00-6.30pm Studio/M50
Thursday, 20 May 2010		■ No swimming
Friday, 21 May 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 24 May 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 25 May 2010		5.45-7.15pm Scopus X
Wednesday, 26 May 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 27 May 2010		⊕ 5.45-7.15pm Scopus X
Friday, 28 May 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50

■ = Variations to normal schedule (time, day and/or location)

M25 = MARC 25m indoor pool
M50 = MARC 50m outdoor pool
Scopus = Mount Scopus Pool
HOLT = Harold Holt Pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)
X = Sessions consisting of outdoor dryland training (please bring runners)
Studio = Dry-land training held in upstairs exercise studios at MARC
Creche = Dry-land training held in Creche at MARC

⊕ = Time/pool/session varied to suit season



TATESWIM AUTUMN TRAINING CALENDAR (March 2010 to May 2010)

Updated 7/4/2010

Day and date	YOUTH FITNESS		SENIOR	MASTERS (adults)
	Sessions at MARC	Sessions at Scopus		
Monday, 1 March 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Tuesday, 2 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		7.15-8.15am M25
Wednesday, 3 March 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 4 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 5 March 2010	4.30-6.00pm M50/Studio		4.30-6.30pm M50/Studio	
Monday, 8 March 2010	■ No swimming		■ No swimming	
Tuesday, 9 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		7.15-8.15am M25
Wednesday, 10 March 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 11 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 12 March 2010	4.30-6.00pm M50/Studio		4.30-6.30pm M50/Studio	
Monday, 15 March 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Tuesday, 16 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		7.15-8.15am M25
Wednesday, 17 March 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 18 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 19 March 2010	4.30-6.00pm M50/Studio		4.30-6.30pm M50/Studio	
Monday, 22 March 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Tuesday, 23 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		7.15-8.15am M25
Wednesday, 24 March 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 25 March 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 26 March 2010	4.30-6.00pm M50/Studio		4.30-6.30pm M50/Studio	
Monday, 29 March 2010	6.30-7.45pm M50	No training at Scopus	6.30-7.45pm M50	No training
Tuesday, 30 March 2010	7.00-8.00pm M25			
Wednesday, 31 March 2010	6.30-7.45pm M50			
Thursday, 1 April 2010	CS 9.00-10.30am M50			
Friday, 2 April 2010	BREAK			
Monday, 5 April 2010	BREAK			
Tuesday, 6 April 2010	BREAK			
Wednesday, 7 April 2010	6.30-7.45pm M50	No training at Scopus	6.30-7.45pm M50	No training
Thursday, 8 April 2010	7.00-8.00pm M25			
Friday, 9 April 2010	4.30-6.00pm M50/Studio			
Monday, 12 April 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Tuesday, 13 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		
Wednesday, 14 April 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 15 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 16 April 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50	
Monday, 19 April 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Tuesday, 20 April 2010	7.00-8.00pm M25	■ No swimming		
Wednesday, 21 April 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 22 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 23 April 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50	
Monday, 26 April 2010	■ No swimming		■ No swimming	
Tuesday, 27 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		
Wednesday, 28 April 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 29 April 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 30 April 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50	
Monday, 3 May 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Tuesday, 4 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		
Wednesday, 5 May 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 6 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 7 May 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50	
Monday, 10 May 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Tuesday, 11 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		
Wednesday, 12 May 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 13 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 14 May 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50	
Monday, 17 May 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Tuesday, 18 May 2010	7.00-8.00pm M25	■ No swimming		
Wednesday, 19 May 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 20 May 2010	7.00-8.00pm M25	■ No swimming		■ No swimming
Friday, 21 May 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50	
Monday, 24 May 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Tuesday, 25 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		
Wednesday, 26 May 2010	6.30-7.45pm M50		6.30-7.45pm M50	
Thursday, 27 May 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		6.00-7.00am Scopus
Friday, 28 May 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50	

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