

## TATESWIM WINTER TRAINING CALENDAR (June 2009 to August 2009)

Day and date	JUNIOR 3			
	WINKIPOP GROUP	SORRENTO GROUP	WOOLAMAI GROUP	QUEENSCLIFF GROUP
Monday, 1 June 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 2 June 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 3 June 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 4 June 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 5 June 2009				
Monday, 8 June 2009	■ No swimming		■ No swimming	
Tuesday, 9 June 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 10 June 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 11 June 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 12 June 2009				
Monday, 15 June 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 16 June 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 17 June 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 18 June 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 19 June 2009				
Monday, 22 June 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 23 June 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 24 June 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 25 June 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 26 June 2009				
<b>School holidays commence</b>				
Monday, 29 June 2009	5.30-6.30pm M25		■ No Scopus sessions this week - training at MARC with Junior 3 Winkipop or Sorrento	■ No Scopus sessions this week - training at MARC with Junior 3 Winkipop or Sorrento
Tuesday, 30 June 2009		6.00-7.00pm M25		
Wednesday, 1 July 2009	5.30-6.30pm M25			
Thursday, 2 July 2009		6.00-7.00pm M25		
Friday, 3 July 2009				
Monday, 6 July 2009	5.30-6.30pm M25		■ No Scopus sessions this week - training at MARC with Junior 3 Winkipop or Sorrento	■ No Scopus sessions this week - training at MARC with Junior 3 Winkipop or Sorrento
Tuesday, 7 July 2009		6.00-7.00pm M25		
Wednesday, 8 July 2009	5.30-6.30pm M25			
Thursday, 9 July 2009		6.00-7.00pm M25		
Friday, 10 July 2009				
<b>School holidays conclude</b>				
Monday, 13 July 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 14 July 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 15 July 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 16 July 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 17 July 2009				
Monday, 20 July 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 21 July 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 22 July 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 23 July 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 24 July 2009				
Monday, 27 July 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 28 July 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 29 July 2009	5.30-6.30pm M25		■ No swimming	
Thursday, 30 July 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 31 July 2009				
Monday, 3 August 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 4 August 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 5 August 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 6 August 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 7 August 2009				
Monday, 10 August 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 11 August 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 12 August 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 13 August 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 14 August 2009				
Monday, 17 August 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 18 August 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 19 August 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 20 August 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 21 August 2009				
Monday, 24 August 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 25 August 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Wednesday, 26 August 2009	5.30-6.30pm M25		4.30-5.30pm Scopus	
Thursday, 27 August 2009		6.00-7.00pm M25		4.30-5.30pm Scopus
Friday, 28 August 2009				

■ = 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



## TATESWIM WINTER TRAINING CALENDAR (June 2009 to August 2009)

Day and date	JUNIOR 2			
	TORQUAY GROUP	POINT LEO GROUP	ANGLESEA GROUP	FAIRHAVEN GROUP
Monday, 1 June 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 2 June 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 3 June 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 4 June 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 5 June 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
Monday, 8 June 2009	■ No swimming			■ No swimming
Tuesday, 9 June 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 10 June 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 11 June 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 12 June 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
Monday, 15 June 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 16 June 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 17 June 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 18 June 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 19 June 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
Monday, 22 June 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 23 June 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 24 June 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 25 June 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 26 June 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
<b>School holidays commence</b>				
Monday, 29 June 2009	6.30-7.30pm M25			
Tuesday, 30 June 2009		7.00-8.00pm M25	■ No Scopus sessions this week - training at MARC with Junior 2 Torquay or Point Leo	■ No Scopus sessions this week - training at MARC with Junior 2 Torquay or Point Leo
Wednesday, 1 July 2009	6.30-7.30pm M25			
Thursday, 2 July 2009	■ J+ 10.00-11.30am M25	7.00-8.00pm M25		
Friday, 3 July 2009				
Monday, 6 July 2009	6.30-7.30pm M25		■ No Scopus sessions this week - training at MARC with Junior 2 Torquay or Point Leo	■ No Scopus sessions this week - training at MARC with Junior 2 Torquay or Point Leo
Tuesday, 7 July 2009		7.00-8.00pm M25		
Wednesday, 8 July 2009	6.30-7.30pm M25			
Thursday, 9 July 2009	■ J+ 10.00-11.30am M25	7.00-8.00pm M25		
Friday, 10 July 2009				
<b>School holidays conclude</b>				
Monday, 13 July 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 14 July 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 15 July 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 16 July 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 17 July 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
Monday, 20 July 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 21 July 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 22 July 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 23 July 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 24 July 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
Monday, 27 July 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 28 July 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 29 July 2009	6.30-7.30pm M25			■ No swimming
Thursday, 30 July 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 31 July 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
Monday, 3 August 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 4 August 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 5 August 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 6 August 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 7 August 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
Monday, 10 August 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 11 August 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 12 August 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 13 August 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 14 August 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
Monday, 17 August 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 18 August 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 19 August 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 20 August 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 21 August 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio
Monday, 24 August 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Tuesday, 25 August 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Wednesday, 26 August 2009	6.30-7.30pm M25			4.30-5.30pm Scopus
Thursday, 27 August 2009		7.00-8.00pm M25	5.30-6.30pm Scopus	
Friday, 28 August 2009	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio	J+ 4.30-6.00pm M25/Studio

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

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M25 = MARC 25m indoor pool

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

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## TATESWIM WINTER TRAINING CALENDAR (June 2009 to August 2009)

Day and date	JUNIOR FITNESS		JUNIOR 1		
	Sessions at MARC	Sessions at Scopus	PORTSEA GROUP	LORNE GROUP	
Monday, 1 June 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 2 June 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 3 June 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 4 June 2009		5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 5 June 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
Monday, 8 June 2009	■ No swimming	■ No swimming	■ No swimming	■ No swimming	
Tuesday, 9 June 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 10 June 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 11 June 2009	■ 7.00-8.00pm M25	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 12 June 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
Monday, 15 June 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 16 June 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 17 June 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 18 June 2009		5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 19 June 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
Monday, 22 June 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 23 June 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 24 June 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 25 June 2009		5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 26 June 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
<b>School holidays commence</b>					
Monday, 29 June 2009	■ 5.00-6.30pm M25	■ No Scopus sessions this week - training at MARC with Junior Fitness.	6.30-7.45pm M25	■ No Scopus sessions this week - training at MARC with J1 Portsea.	
Tuesday, 30 June 2009					
Wednesday, 1 July 2009	■ 5.00-6.30pm M25				6.30-7.45pm M25
Thursday, 2 July 2009	■ J+ 10.00-11.30am M25				■ 10.00-11.30am M25
Friday, 3 July 2009					
Monday, 6 July 2009	■ 5.00-6.30pm M25	■ No Scopus sessions this week - training at MARC with Junior Fitness.	6.30-7.45pm M25	■ No Scopus sessions this week - training at MARC with J1 Portsea.	
Tuesday, 7 July 2009					
Wednesday, 8 July 2009	■ 5.00-6.30pm M25				6.30-7.45pm M25
Thursday, 9 July 2009	■ J+ 10.00-11.30am M25				■ 10.00-11.30am M25
Friday, 10 July 2009					
<b>School holidays conclude</b>					
Monday, 13 July 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 14 July 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 15 July 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 16 July 2009		5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 17 July 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
Monday, 20 July 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 21 July 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 22 July 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 23 July 2009		5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 24 July 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
Monday, 27 July 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 28 July 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 29 July 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 30 July 2009		5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 31 July 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
Monday, 3 August 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 4 August 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 5 August 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 6 August 2009		5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 7 August 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
Monday, 10 August 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 11 August 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 12 August 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 13 August 2009		5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 14 August 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
Monday, 17 August 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 18 August 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 19 August 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 20 August 2009		5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 21 August 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm Studio	
Monday, 24 August 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus	6.30-7.45pm M25	4.30-5.45pm Scopus	
Tuesday, 25 August 2009		5.30-6.45pm Scopus		5.30-6.45pm Scopus	
Wednesday, 26 August 2009	● 7.15-8.30pm M25		6.30-7.45pm M25		
Thursday, 27 August 2009		5.30-6.45pm Scopus	5.30-7.00pm Scopus X	5.30-7.00pm Scopus X	
Friday, 28 August 2009	J+ 4.30-6.00pm Studio		4.30-6.00pm Studio	4.30-6.00pm 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

● Time/location varied due to



**TATESWIM**

# TATESWIM WINTER TRAINING CALENDAR (June 2009 to August 2009)

Day and date	JUNIOR STATE		STATE	
	AM	PM	AM	PM
Monday, 1 June 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 2 June 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 3 June 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 4 June 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 5 June 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 8 June 2009	■ No swimming	■ No swimming	■ No swimming	■ No swimming
Tuesday, 9 June 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 10 June 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 11 June 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 12 June 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 15 June 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 16 June 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 17 June 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 18 June 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 19 June 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 22 June 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 23 June 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 24 June 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 25 June 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 26 June 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
<b>School holidays commence</b>				
Monday, 29 June 2009	■ 10.30am-12.15pm M25		■ 10.30am-12.15pm M25	
Tuesday, 30 June 2009		■ 5.00-7.00pm M25		■ 5.00-7.00pm M25
Wednesday, 1 July 2009	■ 10.30am-12.15pm M25 X		■ 10.30am-12.15pm M25 X	
Thursday, 2 July 2009		■ 5.00-7.00pm M25		■ 5.00-7.00pm M25
Friday, 3 July 2009	■ 10.30am-12.15pm M25		■ 10.30am-12.15pm M25	
Monday, 6 July 2009	■ 10.30am-12.15pm M25		■ 10.30am-12.15pm M25	
Tuesday, 7 July 2009		■ 5.00-7.00pm M25		■ 5.00-7.00pm M25
Wednesday, 8 July 2009	■ 10.30am-12.15pm M25 X		■ 10.30am-12.15pm M25 X	
Thursday, 9 July 2009		■ 5.00-7.00pm M25		■ 5.00-7.00pm M25
Friday, 10 July 2009	■ 10.30am-12.15pm M25		■ 10.30am-12.15pm M25	
<b>School holidays conclude</b>				
Monday, 13 July 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 14 July 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 15 July 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 16 July 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 17 July 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 20 July 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 21 July 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 22 July 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 23 July 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 24 July 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 27 July 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 28 July 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 29 July 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 30 July 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 31 July 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 3 August 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 4 August 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 5 August 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 6 August 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 7 August 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 10 August 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 11 August 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 12 August 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 13 August 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 14 August 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 17 August 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 18 August 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 19 August 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 20 August 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 21 August 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 24 August 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 25 August 2009		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 26 August 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 27 August 2009		5.45-7.15pm Scopus		4.45-5.45pm Scopus dry-land
Friday, 28 August 2009	● 5.45-7.15am M25	● 4.30-6.00pm Studio	● 5.45-7.15am M25	● 4.30-6.00pm Studio

■ = Variations to normal schedule (time, day and/or location) ● Time/location varied due to temporary M50 closure  
**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 WINTER TRAINING CALENDAR (June 2009 to August 2009)

Day and date	NATIONAL	
	AM	PM
Monday, 1 June 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 2 June 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 3 June 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 4 June 2009		4.45-5.45pm Scopus dry-land
Friday, 5 June 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 8 June 2009	■ No swimming	■ No swimming
Tuesday, 9 June 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 10 June 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 11 June 2009		4.45-5.45pm Scopus dry-land
Friday, 12 June 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 15 June 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 16 June 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 17 June 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 18 June 2009		4.45-5.45pm Scopus dry-land
Friday, 19 June 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 22 June 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 23 June 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 24 June 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 25 June 2009		4.45-5.45pm Scopus dry-land
Friday, 26 June 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
<b>School holidays commence</b>		
Monday, 29 June 2009	■ 10.30am-12.15pm M25	
Tuesday, 30 June 2009		■ 5.00-7.00pm M25
Wednesday, 1 July 2009	■ 10.30am-12.15pm M25 X	
Thursday, 2 July 2009		■ 5.00-7.00pm M25
Friday, 3 July 2009	■ 10.30am-12.15pm M25	
Monday, 6 July 2009	■ 10.30am-12.15pm M25	
Tuesday, 7 July 2009		■ 5.00-7.00pm M25
Wednesday, 8 July 2009	■ 10.30am-12.15pm M25 X	
Thursday, 9 July 2009		■ 5.00-7.00pm M25
Friday, 10 July 2009	■ 10.30am-12.15pm M25	
<b>School holidays conclude</b>		
Monday, 13 July 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 14 July 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 15 July 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 16 July 2009		4.45-5.45pm Scopus dry-land
Friday, 17 July 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 20 July 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 21 July 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 22 July 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 23 July 2009		4.45-5.45pm Scopus dry-land
Friday, 24 July 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 27 July 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 28 July 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 29 July 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 30 July 2009		4.45-5.45pm Scopus dry-land
Friday, 31 July 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 3 August 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 4 August 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 5 August 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 6 August 2009		4.45-5.45pm Scopus dry-land
Friday, 7 August 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 10 August 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 11 August 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 12 August 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 13 August 2009		4.45-5.45pm Scopus dry-land
Friday, 14 August 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 17 August 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 18 August 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 19 August 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 20 August 2009		4.45-5.45pm Scopus dry-land
Friday, 21 August 2009	5.45-7.15am M25	● 4.30-6.00pm Studio
Monday, 24 August 2009	5.45-7.15am M25	● 5.45-7.15pm Scopus
Tuesday, 25 August 2009	5.45-7.15am M25	5.45-7.15pm Scopus X
Wednesday, 26 August 2009	6.00-7.15am Scopus	● 7.15-8.30pm M25
Thursday, 27 August 2009		4.45-5.45pm Scopus dry-land
Friday, 28 August 2009	5.45-7.15am M25	● 4.30-6.00pm Studio

Note: No Thursday AM's

■ = Variations to normal schedule (time, day and/or location) ● Time/location varied due to temporary M50 closure  
**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 WINTER TRAINING CALENDAR (June 2009 to August 2009)

Day and date	YOUTH FITNESS		SENIOR	
	Sessions at MARC	Sessions at Scopus	AM	PM
Monday, 1 June 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 2 June 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 3 June 2009	● 6.30-7.45pm Creche		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 4 June 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 5 June 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio
Monday, 8 June 2009	■ No swimming	■ No swimming		■ No swimming
Tuesday, 9 June 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 10 June 2009	● 6.30-7.45pm Creche		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 11 June 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 12 June 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio
Monday, 15 June 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 16 June 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 17 June 2009	● 6.30-7.45pm Creche		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 18 June 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 19 June 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio
Monday, 22 June 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 23 June 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 24 June 2009	● 6.30-7.45pm Creche		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 25 June 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 26 June 2009	● 4.30-6.00pm Studio			
<b>School holidays commence</b>				
Monday, 29 June 2009	■ 5.00-6.30pm M25	■ No Scopus sessions this week - training at MARC with Youth Fitness		■ 5.00-6.30pm M25
Tuesday, 30 June 2009	7.00-8.00pm M25			
Wednesday, 1 July 2009	■ 5.00-6.30pm M25			■ 5.00-6.30pm M25
Thursday, 2 July 2009	7.00-8.00pm M25			● 7.00-8.00pm M25
Friday, 3 July 2009				■ 10.30am-12.15pm M25
Monday, 6 July 2009	■ 5.00-6.30pm M25	■ No Scopus sessions this week - training at MARC with Youth Fitness		■ 5.00-6.30pm M25
Tuesday, 7 July 2009	7.00-8.00pm M25			
Wednesday, 8 July 2009	■ 5.00-6.30pm M25			■ 5.00-6.30pm M25
Thursday, 9 July 2009	7.00-8.00pm M25			● 7.00-8.00pm M25
Friday, 10 July 2009				■ 10.30am-12.15pm M25
<b>School holidays conclude</b>				
Monday, 13 July 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 14 July 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 15 July 2009	● 6.30-7.45pm Creche		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 16 July 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 17 July 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio
Monday, 20 July 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 21 July 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 22 July 2009	● 6.30-7.45pm Creche		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 23 July 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 24 July 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio
Monday, 27 July 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 28 July 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 29 July 2009	● 6.30-7.45pm Creche		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 30 July 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 31 July 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio
Monday, 3 August 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 4 August 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 5 August 2009	● 6.30-7.45pm Creche		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 6 August 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 7 August 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio
Monday, 10 August 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 11 August 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 12 August 2009	● 6.30-7.45pm Creche		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 13 August 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 14 August 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio
Monday, 17 August 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 18 August 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 19 August 2009	● 6.30-7.45pm Creche/M25		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 20 August 2009	7.00-8.00pm M25	5.50-7.15pm Scopus X		● 7.00-8.00pm M25
Friday, 21 August 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio
Monday, 24 August 2009	● 7.15-8.30pm M25	4.30-5.45pm Scopus		● 7.15-8.30pm M25
Tuesday, 25 August 2009	7.00-8.00pm M25	5.50-7.15pm Scopus		
Wednesday, 26 August 2009	● 6.30-7.45pm Creche/M25		6.00-7.15am Scopus	● 6.30-7.45pm Creche
Thursday, 27 August 2009	7.00-8.00pm M25	■ No swimming		● 7.00-8.00pm M25
Friday, 28 August 2009	● 4.30-6.00pm Studio			● 4.30-6.00pm Studio

■ = Variations to normal schedule (time, day and/or location) ● Time/location varied due to temporary M50 closure  
**M25** = MARC 25m indoor pool      **CS** = Combined squads session (Tateswim combines with Malvern Academy of Swimming)  
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**HOLT** = Harold Holt Pool      **Creche** = Dry-land training held in Creche at MARC

