

TATESWIM WINTER TRAINING CALENDAR

Current at 20/5/2011

Day and date	JUNIOR 3		
	WINKIPOP GROUP	SORRENTO GROUP	QUEENSCLIFF GROUP
Monday, 30 May 2011	5.30-6.30pm M25		
Tuesday, 31 May 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 1 June 2011	5.30-6.30pm M25		
Thursday, 2 June 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 3 June 2011			
Monday, 6 June 2011	5.30-6.30pm M25		
Tuesday, 7 June 2011		6.00-7.00pm M25	■ No swimming
Wednesday, 8 June 2011	5.30-6.30pm M25		
Thursday, 9 June 2011		6.00-7.00pm M25	■ No swimming
Friday, 10 June 2011			
Monday, 13 June 2011	■ No swimming (public holiday)		
Tuesday, 14 June 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 15 June 2011	5.30-6.30pm M25		
Thursday, 16 June 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 17 June 2011			
Monday, 20 June 2011	5.30-6.30pm M25		
Tuesday, 21 June 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 22 June 2011	5.30-6.30pm M25		
Thursday, 23 June 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 24 June 2011			
Monday, 27 June 2011	5.30-6.30pm M25		
Tuesday, 28 June 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 29 June 2011	5.30-6.30pm M25		
Thursday, 30 June 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 1 July 2011			
Term 2 concludes			
Monday, 4 July 2011	BREAK		
Tuesday, 5 July 2011			
Wednesday, 6 July 2011			
Thursday, 7 July 2011			
Friday, 8 July 2011			
School holiday training schedule commences			
Monday, 11 July 2011	5.30-6.30pm M25		<i>No swimming at Scopus during school holidays - swimmers to join J3 Winkipop & Sorrento</i>
Tuesday, 12 July 2011		6.00-7.00pm M25	
Wednesday, 13 July 2011	5.30-6.30pm M25		
Thursday, 14 July 2011		6.00-7.00pm M25	
Friday, 15 July 2011	CS 9.00-10.30am M50	CS 9.00-10.30am M50	
Term 3 commences			
Monday, 18 July 2011	5.30-6.30pm M25		
Tuesday, 19 July 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 20 July 2011	5.30-6.30pm M25		
Thursday, 21 July 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 22 July 2011			
Monday, 25 July 2011	5.30-6.30pm M25		
Tuesday, 26 July 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 27 July 2011	5.30-6.30pm M25		
Thursday, 28 July 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 29 July 2011			
Monday, 1 August 2011	5.30-6.30pm M25		
Tuesday, 2 August 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 3 August 2011	5.30-6.30pm M25		
Thursday, 4 August 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 5 August 2011			
Monday, 8 August 2011	5.30-6.30pm M25		
Tuesday, 9 August 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 10 August 2011	5.30-6.30pm M25		
Thursday, 11 August 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 12 August 2011			
Monday, 15 August 2011	5.30-6.30pm M25		
Tuesday, 16 August 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 17 August 2011	5.30-6.30pm M25		
Thursday, 18 August 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 19 August 2011			
Monday, 22 August 2011	5.30-6.30pm M25		
Tuesday, 23 August 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Wednesday, 24 August 2011	5.30-6.30pm M25		
Thursday, 25 August 2011		6.00-7.00pm M25	4.50-6.00pm Scopus X
Friday, 26 August 2011			

Swimmers in **Junior 3** may attend 2 sessions per week

Classes formally commence at the times shown. It is recommended that swimmers arrive 10-15 minutes prior to the time shown to stretch/prepare (or 5 minutes prior to class for sessions marked 'X').

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) ■ = Variations to normal schedule
X = Sessions consisting of 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

Current at 20/5/2011

Day and date	JUNIOR 2		
	TORQUAY GROUP	POINT LEO GROUP	ANGLESEA GROUP
Monday, 30 May 2011	6.30-7.30pm M25		
Tuesday, 31 May 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 1 June 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 2 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 3 June 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X
Monday, 6 June 2011	6.30-7.30pm M25		
Tuesday, 7 June 2011		7.00-8.00pm M25	■ No swimming
Wednesday, 8 June 2011	6.30-7.30pm M25		■ No swimming
Thursday, 9 June 2011		7.00-8.00pm M25	■ No swimming
Friday, 10 June 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X
Monday, 13 June 2011	■ No swimming (public holiday)		
Tuesday, 14 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 15 June 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 16 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 17 June 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X
Monday, 20 June 2011	6.30-7.30pm M25		
Tuesday, 21 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 22 June 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 23 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 24 June 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X
Monday, 27 June 2011	6.30-7.30pm M25		
Tuesday, 28 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 29 June 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 30 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 1 July 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X
Term 2 concludes			
Monday, 4 July 2011	BREAK		
Tuesday, 5 July 2011			
Wednesday, 6 July 2011			
Thursday, 7 July 2011			
Friday, 8 July 2011			
School holiday training schedule commences			
Monday, 11 July 2011	6.30-7.30pm M25		No swimming at Scopus during school holidays - swimmers to join J2 Torquay & Point Leo
Tuesday, 12 July 2011		7.00-8.00pm M25	
Wednesday, 13 July 2011	6.30-7.30pm M25		
Thursday, 14 July 2011		7.00-8.00pm M25	
Friday, 15 July 2011	CS 9.00-10.30am M50	CS 9.00-10.30am M50	
Term 3 commences			
Monday, 18 July 2011	6.30-7.30pm M25		
Tuesday, 19 July 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 20 July 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 21 July 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 22 July 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X
Monday, 25 July 2011	6.30-7.30pm M25		
Tuesday, 26 July 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 27 July 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 28 July 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 29 July 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X
Monday, 1 August 2011	6.30-7.30pm M25		
Tuesday, 2 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 3 August 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 4 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 5 August 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X
Monday, 8 August 2011	6.30-7.30pm M25		
Tuesday, 9 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 10 August 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 11 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 12 August 2011	■ No swimming	■ No swimming	■ No swimming
Monday, 15 August 2011	6.30-7.30pm M25		
Tuesday, 16 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 17 August 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 18 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 19 August 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X
Monday, 22 August 2011	6.30-7.30pm M25		
Tuesday, 23 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Wednesday, 24 August 2011	6.30-7.30pm M25		5.10-6.00pm Scopus
Thursday, 25 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X
Friday, 26 August 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X

Swimmers in **Junior 2** may attend 2 sessions per week

Swimmers classified as **Junior 2 Plus** may attend 3 sessions per week

Classes formally commence at the times shown. It is recommended that swimmers arrive 10-15 minutes prior to the time shown to stretch/prepare (or 5 minutes prior to class for sessions marked 'X').

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)
X = Sessions consisting of 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

■ = Variations to normal schedule
J+ = Junior Plus swimmers only



Day and date	JUNIOR FITNESS		JUNIOR 1	
	PORTSEA GROUP	LORNE GROUP	GUNNAMATTA GROUP	JAN JUC GROUP
Monday, 30 May 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 31 May 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 1 June 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 2 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 3 June 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X
Monday, 6 June 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 7 June 2011		7.00-8.00pm M25	■ No swimming	■ No swimming
Wednesday, 8 June 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 9 June 2011		7.00-8.00pm M25	■ No swimming	■ No swimming
Friday, 10 June 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X
Monday, 13 June 2011	■ No swimming (public holiday)			
Tuesday, 14 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 15 June 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 16 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 17 June 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X
Monday, 20 June 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 21 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 22 June 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 23 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 24 June 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X
Monday, 27 June 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 28 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 29 June 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 30 June 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 1 July 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X
Term 2 concludes				
Monday, 4 July 2011	BREAK			
Tuesday, 5 July 2011				
Wednesday, 6 July 2011				
Thursday, 7 July 2011				
Friday, 8 July 2011				
School holiday training schedule commences			J1 Squads to combine during school holidays	
Monday, 11 July 2011	7.30-8.30pm M25		6.30-7.45pm M25	6.30-7.45pm M25
Tuesday, 12 July 2011		7.00-8.00pm M25	4.00-5.00pm M25	4.00-5.00pm M25
Wednesday, 13 July 2011	7.30-8.30pm M25		6.30-7.45pm M25	6.30-7.45pm M25
Thursday, 14 July 2011		7.00-8.00pm M25	4.00-5.00pm M25	4.00-5.00pm M25
Friday, 15 July 2011	CS 9.00-10.30am M50	CS 9.00-10.30am M50	CS 9.00-10.30am M50	CS 9.00-10.30am M50
Term 3 commences				
Monday, 18 July 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 19 July 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 20 July 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 21 July 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 22 July 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X
Monday, 25 July 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 26 July 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 27 July 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 28 July 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 29 July 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X
Monday, 1 August 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 2 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 3 August 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 4 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 5 August 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X
Monday, 8 August 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 9 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 10 August 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 11 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 12 August 2011	■ No swimming	■ No swimming	■ No swimming	■ No swimming
Monday, 15 August 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 16 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 17 August 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 18 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 19 August 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X
Monday, 22 August 2011	7.30-8.30pm M25		6.30-8.00pm Creche/M25 X	6.30-7.45pm M25/Creche X
Tuesday, 23 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Wednesday, 24 August 2011	7.30-8.30pm M25		7.30-8.30pm M25	6.30-7.45pm M25
Thursday, 25 August 2011		7.00-8.00pm M25	4.50-6.00pm Scopus X	4.50-6.00pm Scopus X
Friday, 26 August 2011	J+ 4.30-6.00pm M50/studio X	J+ 4.30-6.00pm M50/studio X	4.30-6.00pm M50/Studio X	4.30-6.00pm M50/Studio X

Classes formally commence at the times shown. It is recommended that swimmers arrive 10-15 minutes prior to the time shown to stretch/prepare (or 5 minutes prior to class for sessions marked 'X').

- 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)
- X = Sessions consisting of 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
- = Variations to normal schedule
- J+ = Junior Plus swimmers only



Day and date	JUNIOR STATE		STATE AGE	
	AM	PM	AM	PM
Monday, 30 May 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 31 May 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 1 June 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 2 June 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 3 June 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X
Monday, 6 June 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 7 June 2011		■ No swimming		■ No swimming
Wednesday, 8 June 2011	■ No swimming	7.30-8.30pm M25	■ No swimming	5.00-6.30pm M50
Thursday, 9 June 2011		■ No swimming		■ No swimming
Friday, 10 June 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X
Monday, 13 June 2011	■ No swimming (public holiday)			
Tuesday, 14 June 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 15 June 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 16 June 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 17 June 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X
Monday, 20 June 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 21 June 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 22 June 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 23 June 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 24 June 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X
Monday, 27 June 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 28 June 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 29 June 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 30 June 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 1 July 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X
Term 2 concludes				
Monday, 4 July 2011	BREAK			
Tuesday, 5 July 2011				
Wednesday, 6 July 2011				
Thursday, 7 July 2011				
Friday, 8 July 2011				
School holiday training schedule commences				
Monday, 11 July 2011		5.00-6.30pm M25		5.00-7.00pm M50
Tuesday, 12 July 2011		5.00-6.30pm M25		5.00-7.00pm M25
Wednesday, 13 July 2011		5.00-6.30pm M25		5.00-7.00pm M50
Thursday, 14 July 2011		5.00-6.30pm M25		5.00-7.00pm M25
Friday, 15 July 2011		CS 9.00-10.30am M50		CS 9.00-10.30am M50
Term 3 commences				
Monday, 18 July 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 19 July 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 20 July 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 21 July 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 22 July 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X
Monday, 25 July 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 26 July 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 27 July 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 28 July 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 29 July 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X
Monday, 1 August 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 2 August 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 3 August 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 4 August 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 5 August 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X
Monday, 8 August 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 9 August 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 10 August 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 11 August 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 12 August 2011	5.45-7.15am M25	■ No swimming	5.45-7.15am M25	■ No swimming
Monday, 15 August 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 16 August 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 17 August 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 18 August 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 19 August 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X
Monday, 22 August 2011		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 23 August 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 24 August 2011	6.00-7.15am Scopus	7.30-8.30pm M25	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 25 August 2011		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Friday, 26 August 2011	5.45-7.15am M25	4.30-6.00pm M50/Studio X	5.45-7.15am M25	4.30-6.00pm Studio/M50 X

Classes formally commence at the times shown. It is recommended that swimmers arrive 10-15 minutes prior to the time shown to stretch/prepare (or 5 minutes prior to class for sessions marked 'X').

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) ■ = Variations to normal schedule
X = Sessions consisting of 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	STATE PERFORMANCE		NATIONAL PERFORMANCE	
	AM	PM	AM	PM
Monday, 30 May 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 31 May 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 1 June 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 2 June 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 3 June 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X
Monday, 6 June 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 7 June 2011		■ No swimming		■ No swimming
Wednesday, 8 June 2011	■ No swimming	5.00-6.30pm M50	■ No swimming	5.00-6.30pm M50
Thursday, 9 June 2011		■ No swimming		■ No swimming
Friday, 10 June 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X
Monday, 13 June 2011	■ No swimming (public holiday)			
Tuesday, 14 June 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 15 June 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 16 June 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 17 June 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X
Monday, 20 June 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 21 June 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 22 June 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 23 June 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 24 June 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X
Monday, 27 June 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 28 June 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 29 June 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 30 June 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 1 July 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X
Term 2 concludes				
Monday, 4 July 2011	BREAK			
Tuesday, 5 July 2011				
Wednesday, 6 July 2011				
Thursday, 7 July 2011				
Friday, 8 July 2011				
School holiday training schedule commences				
Monday, 11 July 2011	5.00-7.00pm M50		5.00-7.00pm M50	
Tuesday, 12 July 2011	5.00-7.00pm M25		5.00-7.00pm M25	
Wednesday, 13 July 2011	5.00-7.00pm M50		5.00-7.00pm M50	
Thursday, 14 July 2011	5.00-7.00pm M25		5.00-7.00pm M25	
Friday, 15 July 2011	CS 9.00-10.30am M50		CS 9.00-10.30am M50	
Term 3 commences				
Monday, 18 July 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 19 July 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 20 July 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 21 July 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 22 July 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X
Monday, 25 July 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 26 July 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 27 July 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 28 July 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 29 July 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X
Monday, 1 August 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 2 August 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 3 August 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 4 August 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 5 August 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X
Monday, 8 August 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 9 August 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 10 August 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 11 August 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 12 August 2011	5.45-7.15am M50	■ No swimming	5.45-7.15am M50	■ No swimming
Monday, 15 August 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 16 August 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 17 August 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 18 August 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 19 August 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X
Monday, 22 August 2011	5.45-7.15am M50	5.00-6.30pm M50	5.45-7.15am M50	5.00-6.30pm M50
Tuesday, 23 August 2011		5.45-7.15pm Scopus X		5.45-7.15pm Scopus X
Wednesday, 24 August 2011	6.00-7.15am Scopus	5.00-6.30pm M50	6.00-7.15am Scopus	5.00-6.30pm M50
Thursday, 25 August 2011		5.45 - 7.15pm Scopus		5.45 - 7.15pm Scopus
Friday, 26 August 2011	5.45-7.15am M50	4.30-6.00pm Studio/M50 X	5.45-7.15am M50	4.30-6.00pm Studio/M50 X

Classes formally commence at the times shown. It is recommended that swimmers arrive 10-15 minutes prior to the time shown to stretch/prepare (or 5 minutes prior to class for sessions marked 'X').

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) ■ = Variations to normal schedule
X = Sessions consisting of 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

Current at 20/5/2011

Day and date	YOUTH FITNESS	SENIOR	MASTERS
Monday, 30 May 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 31 May 2011	7.00-8.00pm M25		
Wednesday, 1 June 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 2 June 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 3 June 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	
Monday, 6 June 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 7 June 2011	7.00-8.00pm M25		
Wednesday, 8 June 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 9 June 2011	7.00-8.00pm M25	7.00-8.00pm M25	■ No swimming
Friday, 10 June 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	
Monday, 13 June 2011	■ No swimming (public holiday)		
Tuesday, 14 June 2011	7.00-8.00pm M25		
Wednesday, 15 June 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 16 June 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 17 June 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	
Monday, 20 June 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 21 June 2011	7.00-8.00pm M25		
Wednesday, 22 June 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 23 June 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 24 June 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	
Monday, 27 June 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 28 June 2011	7.00-8.00pm M25		
Wednesday, 29 June 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 30 June 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 1 July 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	
Term 2 concludes			
Monday, 4 July 2011	BREAK		
Tuesday, 5 July 2011			
Wednesday, 6 July 2011			
Thursday, 7 July 2011			
Friday, 8 July 2011			
School holiday training schedule commences			
Monday, 11 July 2011	7.15-8.30pm M25	7.15-8.30pm M25	
Tuesday, 12 July 2011	7.00-8.00pm M25		
Wednesday, 13 July 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 14 July 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 15 July 2011	CS 9.00-10.30am M50	CS 9.00-10.30am M50	
Term 3 commences			
Monday, 18 July 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 19 July 2011	7.00-8.00pm M25		
Wednesday, 20 July 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 21 July 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 22 July 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	
Monday, 25 July 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 26 July 2011	7.00-8.00pm M25		
Wednesday, 27 July 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 28 July 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 29 July 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	
Monday, 1 August 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 2 August 2011	7.00-8.00pm M25		
Wednesday, 3 August 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 4 August 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 5 August 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	
Monday, 8 August 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 9 August 2011	7.00-8.00pm M25		
Wednesday, 10 August 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 11 August 2011	7.00-8.00pm M25	7.00-8.00pm M25	■ No swimming
Friday, 12 August 2011	■ No swimming	■ No swimming	
Monday, 15 August 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 16 August 2011	7.00-8.00pm M25		
Wednesday, 17 August 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 18 August 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 19 August 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	
Monday, 22 August 2011	7.30-8.30pm M25	6.30-7.45pm M50	
Tuesday, 23 August 2011	7.00-8.00pm M25		
Wednesday, 24 August 2011	6.30-7.45pm M50	6.30-7.45pm M50	
Thursday, 25 August 2011	7.00-8.00pm M25	7.00-8.00pm M25	6.00-7.00am Scopus
Friday, 26 August 2011	4.30-6.00pm Studio/M50 X	4.30-6.00pm Studio/M50 X	

Swimmers in Youth Fitness and Senior Squads may attend any session

Classes formally commence at the times shown. It is recommended that swimmers arrive 10-15 minutes prior to the time shown to stretch/prepare (or 5 minutes prior to class for sessions marked 'X').

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) ■ = Variations to normal schedule

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