

# TATESWIM SPRING TRAINING CALENDAR

Day and date	STARTERS				LITTLE TATES			
	TUESDAY GROUP		THURSDAY GROUP		TUESDAY GROUP		THURSDAY GROUP	
	Time	Venue	Time	Venue	Time	Venue	Time	Venue
Monday, 29 August 2011								
Tuesday, 30 August 2011								
Wednesday, 31 August 2011								
Thursday, 1 September 2011								
Friday, 2 September 2011								
Monday, 5 September 2011								
Tuesday, 6 September 2011								
Wednesday, 7 September 2011								
Thursday, 8 September 2011								
Friday, 9 September 2011								
Monday, 12 September 2011								
Tuesday, 13 September 2011								
Wednesday, 14 September 2011								
Thursday, 15 September 2011								
Friday, 16 September 2011								
Monday, 19 September 2011								
Tuesday, 20 September 2011								
Wednesday, 21 September 2011								
Thursday, 22 September 2011								
Friday, 23 September 2011								
<b>Term 3 concludes</b>								
Monday, 26 September 2011								
Tuesday, 27 September 2011								
Wednesday, 28 September 2011								
Thursday, 29 September 2011								
Friday, 30 September 2011								
<b>School holiday training schedule commences</b>								
Monday, 3 October 2011								
Tuesday, 4 October 2011	7.00-7.35pm	Small pool			6.15-7.00pm	M25		
Wednesday, 5 October 2011								
Thursday, 6 October 2011			7.00-7.35pm	Small pool			6.15-7.00pm	M25
Friday, 7 October 2011								
<b>Term 4 commences</b>								
Monday, 10 October 2011								
Tuesday, 11 October 2011	7.00-7.35pm	Small pool			6.15-7.00pm	M25		
Wednesday, 12 October 2011								
Thursday, 13 October 2011			7.00-7.35pm	Small pool			6.15-7.00pm	M25
Friday, 14 October 2011								
Monday, 17 October 2011								
Tuesday, 18 October 2011	7.00-7.35pm	Small pool			6.15-7.00pm	M25		
Wednesday, 19 October 2011								
Thursday, 20 October 2011			7.00-7.35pm	Small pool			6.15-7.00pm	M25
Friday, 21 October 2011								
Monday, 24 October 2011								
Tuesday, 25 October 2011	7.00-7.35pm	Small pool			6.15-7.00pm	M25		
Wednesday, 26 October 2011								
Thursday, 27 October 2011			7.00-7.35pm	Small pool			6.15-7.00pm	M25
Friday, 28 October 2011								
Monday, 31 October 2011								
Tuesday, 1 November 2011								
Wednesday, 2 November 2011								
Thursday, 3 November 2011			7.00-7.35pm	Small pool			6.15-7.00pm	M25
Friday, 4 November 2011								
Monday, 7 November 2011								
Tuesday, 8 November 2011	7.00-7.35pm	Small pool			6.15-7.00pm	M25		
Wednesday, 9 November 2011								
Thursday, 10 November 2011			7.00-7.35pm	Small pool			6.15-7.00pm	M25
Friday, 11 November 2011								
Monday, 14 November 2011								
Tuesday, 15 November 2011	7.00-7.35pm	Small pool			6.15-7.00pm	M25		
Wednesday, 16 November 2011								
Thursday, 17 November 2011			7.00-7.35pm	Small pool			6.15-7.00pm	M25
Friday, 18 November 2011								
Monday, 21 November 2011								
Tuesday, 22 November 2011	7.00-7.35pm	Small pool			6.15-7.00pm	M25		
Wednesday, 23 November 2011								
Thursday, 24 November 2011			7.00-7.35pm	Small pool			6.15-7.00pm	M25
Friday, 25 November 2011								

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

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

■ = Variations to normal schedule

M50 = MARC 50m outdoor pool

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

Creche = Dry-land in MARC Creche

Small pool = Teaching pool @ MARC

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



# TATESWIM SPRING TRAINING CALENDAR

Day and date	JUNIOR 3					
	WINKIPOP GROUP		SORRENTO GROUP		QUEENSCLIFF GROUP	
	Time	Venue	Time	Venue	Time	Venue
Monday, 29 August 2011	5.30-6.30pm	M25				
Tuesday, 30 August 2011			6.00-7.00pm	M25	4.50-6.00pm X	Scop
Wednesday, 31 August 2011	5.30-6.30pm	M25				
Thursday, 1 September 2011			6.00-7.00pm	M25	4.50-6.00pm X	Scop
Friday, 2 September 2011						
Monday, 5 September 2011	5.30-6.30pm	M25				
Tuesday, 6 September 2011			6.00-7.00pm	M25	4.50-6.00pm X	Scop
Wednesday, 7 September 2011	5.30-6.30pm	M25				
Thursday, 8 September 2011			6.00-7.00pm	M25	4.50-6.00pm X	Scop
Friday, 9 September 2011						
Monday, 12 September 2011	5.30-6.30pm	M25				
Tuesday, 13 September 2011			6.00-7.00pm	M25	4.50-6.00pm X	Scop
Wednesday, 14 September 2011	5.30-6.30pm	M25				
Thursday, 15 September 2011			6.00-7.00pm	M25	4.50-6.00pm X	Scop
Friday, 16 September 2011						
Monday, 19 September 2011	5.30-6.30pm	M25				
Tuesday, 20 September 2011			6.00-7.00pm	M25	4.50-6.00pm X	Scop
Wednesday, 21 September 2011	5.30-6.30pm	M25				
Thursday, 22 September 2011			6.00-7.00pm	M25	4.50-6.00pm X	Scop
Friday, 23 September 2011						
<b>Term 3 concludes</b>						
Monday, 26 September 2011	<b>BREAK</b>					
Tuesday, 27 September 2011						
Wednesday, 28 September 2011						
Thursday, 29 September 2011						
Friday, 30 September 2011						
<b>School holiday training schedule commences</b>						
Monday, 3 October 2011	5.30-6.30pm	M25				
Tuesday, 4 October 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Wednesday, 5 October 2011	5.30-6.30pm	M25				
Thursday, 6 October 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Friday, 7 October 2011	<b>CS 9.00-10.30am M50</b>					
<b>Term 4 commences</b>						
<b>NOTE: NO CLASSES AT MOUNT SCOPUS</b>						
Monday, 10 October 2011	5.30-6.30pm	M25				
Tuesday, 11 October 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Wednesday, 12 October 2011	5.30-6.30pm	M25				
Thursday, 13 October 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Friday, 14 October 2011						
Monday, 17 October 2011	5.30-6.30pm	M25				
Tuesday, 18 October 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Wednesday, 19 October 2011	5.30-6.30pm	M25				
Thursday, 20 October 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Friday, 21 October 2011	<b>Tateswim Time trials 6.30-8.30pm M25</b>					
Monday, 24 October 2011	5.30-6.30pm	M25				
Tuesday, 25 October 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Wednesday, 26 October 2011	5.30-6.30pm	M25				
Thursday, 27 October 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Friday, 28 October 2011						
Monday, 31 October 2011	5.30-6.30pm	M25				
Tuesday, 1 November 2011	<b>■ No swimming - Public holiday</b>					
Wednesday, 2 November 2011	5.30-6.30pm	M25				
Thursday, 3 November 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Friday, 4 November 2011						
Monday, 7 November 2011	5.30-6.30pm	M25				
Tuesday, 8 November 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Wednesday, 9 November 2011	5.30-6.30pm	M25				
Thursday, 10 November 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Friday, 11 November 2011						
Monday, 14 November 2011	5.30-6.30pm	M25				
Tuesday, 15 November 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Wednesday, 16 November 2011	5.30-6.30pm	M25				
Thursday, 17 November 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Friday, 18 November 2011						
Monday, 21 November 2011	5.30-6.30pm	M25				
Tuesday, 22 November 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Wednesday, 23 November 2011	5.30-6.30pm	M25				
Thursday, 24 November 2011			6.00-7.00pm	M25	4.30-5.30pm	M50
Friday, 25 November 2011						

Swimmers in **Junior 3** may attend 2 sessions per week (Junior 3 'Lite' swimmers only attend 1 session 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

**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

**■** = Variations to normal schedule  
**HOLT** = Harold Holt Pool  
**Creche** = Dry-land in MARC Creche



# TATESWIM SPRING TRAINING CALENDAR

Day and date	JUNIOR 2					
	TORQUAY GROUP		POINT LEO GROUP		ANGLESEA GROUP	
	Time	Venue	Time	Venue	Time	Venue
Monday, 29 August 2011	6.30-7.30pm	M25				
Tuesday, 30 August 2011			7.00-8.00pm	M25	4.50-6.00pm X	Scop
Wednesday, 31 August 2011	6.30-7.30pm	M25				
Thursday, 1 September 2011			7.00-8.00pm	M25	4.50-6.00pm X	Scop
Friday, 2 September 2011	J2+ 4.30-6.00pm X M50/Studio					
Monday, 5 September 2011	6.30-7.30pm	M25				
Tuesday, 6 September 2011			7.00-8.00pm	M25	4.50-6.00pm X	Scop
Wednesday, 7 September 2011	6.30-7.30pm	M25				
Thursday, 8 September 2011			7.00-8.00pm	M25	4.50-6.00pm X	Scop
Friday, 9 September 2011	J2+ 4.30-6.00pm X M50/Studio					
Monday, 12 September 2011	6.30-7.30pm	M25				
Tuesday, 13 September 2011			7.00-8.00pm	M25	4.50-6.00pm X	Scop
Wednesday, 14 September 2011	6.30-7.30pm	M25				
Thursday, 15 September 2011			7.00-8.00pm	M25	4.50-6.00pm X	Scop
Friday, 16 September 2011	J2+ 4.30-6.00pm X M50/Studio					
Monday, 19 September 2011	6.30-7.30pm	M25				
Tuesday, 20 September 2011			7.00-8.00pm	M25	4.50-6.00pm X	Scop
Wednesday, 21 September 2011	6.30-7.30pm	M25				
Thursday, 22 September 2011			7.00-8.00pm	M25	4.50-6.00pm X	Scop
Friday, 23 September 2011	J2+ 4.30-6.00pm X M50/Studio					
<b>Term 3 concludes</b>						
Monday, 26 September 2011	BREAK					
Tuesday, 27 September 2011						
Wednesday, 28 September 2011						
Thursday, 29 September 2011						
Friday, 30 September 2011						
<b>School holiday training schedule commences</b>						
Monday, 3 October 2011	6.30-7.30pm	M25				
Tuesday, 4 October 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Wednesday, 5 October 2011	6.30-7.30pm	M25				
Thursday, 6 October 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Friday, 7 October 2011	CS 9.00-10.30am M50					
<b>Term 4 commences</b>						
<b>NOTE: NO CLASSES AT MOUNT SCOPUS</b>						
Monday, 10 October 2011	6.30-7.30pm	M25				
Tuesday, 11 October 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Wednesday, 12 October 2011	6.30-7.30pm	M25				
Thursday, 13 October 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Friday, 14 October 2011	J2+ 4.30-6.00pm X M50/Studio					
Monday, 17 October 2011	6.30-7.30pm	M25				
Tuesday, 18 October 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Wednesday, 19 October 2011	6.30-7.30pm	M25				
Thursday, 20 October 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Friday, 21 October 2011	Tateswim Time Trials 6.30-8.30pm M25					
Monday, 24 October 2011	6.30-7.30pm	M25				
Tuesday, 25 October 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Wednesday, 26 October 2011	6.30-7.30pm	M25				
Thursday, 27 October 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Friday, 28 October 2011	J2+ 4.30-6.00pm X M50/Studio					
Monday, 31 October 2011	6.30-7.30pm	M25				
Tuesday, 1 November 2011	■ No swimming - Public holiday					
Wednesday, 2 November 2011	6.30-7.30pm	M25				
Thursday, 3 November 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Friday, 4 November 2011	J2+ 4.30-6.00pm X M50/Studio					
Monday, 7 November 2011	6.30-7.30pm	M25				
Tuesday, 8 November 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Wednesday, 9 November 2011	6.30-7.30pm	M25				
Thursday, 10 November 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Friday, 11 November 2011	J2+ 4.30-6.00pm X M50/Studio					
Monday, 14 November 2011	6.30-7.30pm	M25				
Tuesday, 15 November 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Wednesday, 16 November 2011	6.30-7.30pm	M25				
Thursday, 17 November 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Friday, 18 November 2011	J2+ 4.30-6.00pm X M50/Studio					
Monday, 21 November 2011	6.30-7.30pm	M25				
Tuesday, 22 November 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Wednesday, 23 November 2011	6.30-7.30pm	M25				
Thursday, 24 November 2011			7.00-8.00pm	M25	4.30-5.30pm	M50
Friday, 25 November 2011	J2+ 4.30-6.00pm X M50/Studio					

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

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

■ = Variations to normal schedule  
J+ = Junior Plus Swimmers only  
Creche = Dry-land in MARC Creche



# TATESWIM SPRING TRAINING CALENDAR

Day and date	JUNIOR 1			
	JAN JUC GROUP		GUNNAMATTA GROUP	
	Time	Venue	Time	Venue
Monday, 29 August 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 30 August 2011	4.50-6.00pm X	Scopus	4.50-6.00pm X	Scopus
Wednesday, 31 August 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 1 September 2011	4.50-6.00pm X	Scopus	4.50-6.00pm X	Scopus
Friday, 2 September 2011	4.30-6.00pm X	M50/Studio	4.30-6.00pm X	M50/Studio
Monday, 5 September 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 6 September 2011	4.50-6.00pm X	Scopus	4.50-6.00pm X	Scopus
Wednesday, 7 September 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 8 September 2011	4.50-6.00pm X	Scopus	4.50-6.00pm X	Scopus
Friday, 9 September 2011	4.30-6.00pm X	M50/Studio	4.30-6.00pm X	M50/Studio
Monday, 12 September 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 13 September 2011	4.50-6.00pm X	Scopus	4.50-6.00pm X	Scopus
Wednesday, 14 September 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 15 September 2011	4.50-6.00pm X	Scopus	4.50-6.00pm X	Scopus
Friday, 16 September 2011	4.30-6.00pm X	M50/Studio	4.30-6.00pm X	M50/Studio
Monday, 19 September 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 20 September 2011	4.50-6.00pm X	Scopus	4.50-6.00pm X	Scopus
Wednesday, 21 September 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 22 September 2011	4.50-6.00pm X	Scopus	4.50-6.00pm X	Scopus
Friday, 23 September 2011	4.30-6.00pm X	M50/Studio	4.30-6.00pm X	M50/Studio
<b>Term 3 concludes</b>				
Monday, 26 September 2011	<b>BREAK</b>			
Tuesday, 27 September 2011				
Wednesday, 28 September 2011				
Thursday, 29 September 2011				
Friday, 30 September 2011				
<b>School holiday training schedule commences</b>				
Monday, 3 October 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 4 October 2011	4.30-5.30pm	M50	4.30-5.30pm	M50
Wednesday, 5 October 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 6 October 2011	■ No swimming		■ No swimming	
Friday, 7 October 2011	CS 9.00-10.30am M50			
<b>Term 4 commences</b>				
<b>NOTE: NO CLASSES AT MOUNT SCOPUS</b>				
Monday, 10 October 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 11 October 2011	4.30-5.30pm	M50	4.30-5.30pm	M50
Wednesday, 12 October 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 13 October 2011	6.00-7.00am	M25	6.00-7.00am	M25
Friday, 14 October 2011	4.30-6.00pm X	M50/Studio	4.30-6.00pm X	M50/Studio
Monday, 17 October 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 18 October 2011	4.30-5.30pm	M50	4.30-5.30pm	M50
Wednesday, 19 October 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 20 October 2011	6.00-7.00am	M25	6.00-7.00am	M25
Friday, 21 October 2011	<b>Tateswim Time Trials 6.30-8.30pm</b>			
Monday, 24 October 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 25 October 2011	4.30-5.30pm	M50	4.30-5.30pm	M50
Wednesday, 26 October 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 27 October 2011	6.00-7.00am	M25	6.00-7.00am	M25
Friday, 28 October 2011	4.30-6.00pm X	M50/Studio	4.30-6.00pm X	M50/Studio
Monday, 31 October 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 1 November 2011	■ No swimming - Public holiday			
Wednesday, 2 November 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 3 November 2011	6.00-7.00am	M25	6.00-7.00am	M25
Friday, 4 November 2011	4.30-6.00pm	M50	4.30-6.00pm	M50
Monday, 7 November 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 8 November 2011	4.30-5.30pm	M50	4.30-5.30pm	M50
Wednesday, 9 November 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 10 November 2011	6.00-7.00am	M25	6.00-7.00am	M25
Friday, 11 November 2011	4.30-6.00pm X	M50/Studio	4.30-6.00pm X	M50/Studio
Monday, 14 November 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 15 November 2011	4.30-5.30pm	M50	4.30-5.30pm	M50
Wednesday, 16 November 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 17 November 2011	6.00-7.00am	M25	6.00-7.00am	M25
Friday, 18 November 2011	4.30-6.00pm X	M50/Studio	4.30-6.00pm X	M50/Studio
Monday, 21 November 2011	6.30-8.00pm	M25	6.30-8.00pm	M25
Tuesday, 22 November 2011	4.30-5.30pm	M50	4.30-5.30pm	M50
Wednesday, 23 November 2011	6.30-7.30pm	M25	6.30-7.30pm	M25
Thursday, 24 November 2011	6.00-7.00am	M25	6.00-7.00am	M25
Friday, 25 November 2011	4.30-6.00pm X	M50/Studio	4.30-6.00pm X	M50/Studio

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

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

■ = Variations to normal schedule  
HOLT = Harold Holt Pool  
Creche = Dry-land in MARC Creche



# TATESWIM SPRING TRAINING CALENDAR

Day and date	JUNIOR STATE				DEVELOPMENT			
	AM		PM		AM		PM	
	Time	Venue	Time	Venue	Time	Venue	Time	Venue
Monday, 29 August 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 30 August 2011			6.00-7.15pm	Scop				
Wednesday, 31 August 2011	6.00-7.15am	Scop	7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 1 September 2011			6.00-7.15pm	Scop				
Friday, 2 September 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
Monday, 5 September 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 6 September 2011			6.00-7.15pm	Scop				
Wednesday, 7 September 2011	6.00-7.15am	Scop	7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 8 September 2011			6.00-7.15pm	Scop				
Friday, 9 September 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
Monday, 12 September 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 13 September 2011			6.00-7.15pm	Scop				
Wednesday, 14 September 2011	6.00-7.15am	Scop	7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 15 September 2011			6.00-7.15pm	Scop				
Friday, 16 September 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
Monday, 19 September 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 20 September 2011			6.00-7.15pm	Scop				
Wednesday, 21 September 2011	6.00-7.15am	Scop	7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 22 September 2011			6.00-7.15pm	Scop				
Friday, 23 September 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
<b>Term 3 concludes</b>								
Monday, 26 September 2011	<b>BREAK</b>							
Tuesday, 27 September 2011								
Wednesday, 28 September 2011								
Thursday, 29 September 2011								
Friday, 30 September 2011								
<b>School holiday training schedule commences</b>								
Monday, 3 October 2011	9.00-10.30am	M50					6.30-7.45pm	M50
Tuesday, 4 October 2011	9.00-10.30am X	M50			9.00-10.30am X	M50		
Wednesday, 5 October 2011	9.00-10.30am	M50					6.30-7.45pm	M50
Thursday, 6 October 2011	9.00-10.30am X	M50						
Friday, 7 October 2011	<b>CS</b> 9.00-10.30am	M50			<b>CS</b> 9.00-10.30am	M50		
<b>Term 4 commences</b>	<b>NOTE: NO CLASSES AT MOUNT SCOPUS</b>							
Monday, 10 October 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 11 October 2011	5.45-7.15am	M25			5.45-7.15am	M25		
Wednesday, 12 October 2011			7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 13 October 2011			5.00-6.00pm X	Creche/M50	6.00-7.00am	M25		
Friday, 14 October 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
Monday, 17 October 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 18 October 2011	5.45-7.15am	M25			5.45-7.15am	M25		
Wednesday, 19 October 2011			7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 20 October 2011			5.00-6.00pm X	Creche/M50	6.00-7.00am	M25		
Friday, 21 October 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
Monday, 24 October 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 25 October 2011	5.45-7.15am	M25			5.45-7.15am	M25		
Wednesday, 26 October 2011			7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 27 October 2011			5.00-6.00pm X	Creche/M50	6.00-7.00am	M25		
Friday, 28 October 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
Monday, 31 October 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 1 November 2011	<b>■ No swimming - Public holiday</b>							
Wednesday, 2 November 2011			7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 3 November 2011			5.00-6.00pm X	Creche/M50	6.00-7.00am	M25		
Friday, 4 November 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
Monday, 7 November 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 8 November 2011	5.45-7.15am	M25			5.45-7.15am	M25		
Wednesday, 9 November 2011			7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 10 November 2011			5.00-6.00pm	Creche/M50	6.00-7.00am	M25		
Friday, 11 November 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
Monday, 14 November 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 15 November 2011	5.45-7.15am	M25			5.45-7.15am	M25		
Wednesday, 16 November 2011			7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 17 November 2011			5.00-6.00pm X	Creche/M50	6.00-7.00am	M25		
Friday, 18 November 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio
Monday, 21 November 2011			5.00-6.30pm	M50			6.30-7.45pm	M50
Tuesday, 22 November 2011	5.45-7.15am	M25			5.45-7.15am	M25		
Wednesday, 23 November 2011			7.30-8.30pm	M25			6.30-7.45pm	M50
Thursday, 24 November 2011			5.00-6.00pm X	Creche/M50	6.00-7.00am	M25		
Friday, 25 November 2011	5.45-7.15am	M25	4.30-6.00pm X	M50/Studio			4.30-6.00pm X	M50/Studio

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

**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

**■** = Variations to normal schedule  
**HOLT** = Harold Holt Pool  
**Creche** = Dry-land in MARC Creche



# TATESWIM SPRING TRAINING CALENDAR

Day and date	STATE AGE				PERFORMANCE			
	AM		PM		AM		PM	
	Time	Venue	Time	Venue	Time	Venue	Time	Venue
Monday, 29 August 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 30 August 2011			5.45-7.15pm X	Scop			5.45-7.15pm X	Scop
Wednesday, 31 August 2011	6.00-7.15am	Scop	5.00-6.30pm X	Studio/M50	6.00-7.15am	Scop	5.00-6.30pm X	Studio/M50
Thursday, 1 September 2011			5.45-7.15pm X	Scop			5.45-7.15pm X	Scop
Friday, 2 September 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
Monday, 5 September 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 6 September 2011			5.45-7.15pm X	Scop			5.45-7.15pm X	Scop
Wednesday, 7 September 2011	6.00-7.15am	Scop	5.00-6.30pm X	Studio/M50	6.00-7.15am	Scop	5.00-6.30pm X	Studio/M50
Thursday, 8 September 2011			5.45-7.15pm X	Scop			5.45-7.15pm X	Scop
Friday, 9 September 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
Monday, 12 September 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 13 September 2011			5.45-7.15pm X	Scop			5.45-7.15pm X	Scop
Wednesday, 14 September 2011	6.00-7.15am	Scop	5.00-6.30pm X	Studio/M50	6.00-7.15am	Scop	5.00-6.30pm X	Studio/M50
Thursday, 15 September 2011			5.45-7.15pm X	Scop			5.45-7.15pm X	Scop
Friday, 16 September 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
Monday, 19 September 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 20 September 2011			5.45-7.15pm X	Scop			5.45-7.15pm X	Scop
Wednesday, 21 September 2011	6.00-7.15am	Scop	5.00-6.30pm X	Studio/M50	6.00-7.15am	Scop	5.00-6.30pm X	Studio/M50
Thursday, 22 September 2011			5.45-7.15pm X	Scop			5.45-7.15pm X	Scop
Friday, 23 September 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
<b>Term 3 concludes</b>								
Monday, 26 September 2011	<b>BREAK</b>							
Tuesday, 27 September 2011								
Wednesday, 28 September 2011								
Thursday, 29 September 2011								
Friday, 30 September 2011								
<b>School holiday training schedule commences</b>								
Monday, 3 October 2011	9.00-10.30am	M50			9.00-10.30am	M50		
Tuesday, 4 October 2011	9.00-11.00am X	M50			9.00-11.00am X	M50		
Wednesday, 5 October 2011	9.00-10.30am	M50			9.00-10.30am	M50		
Thursday, 6 October 2011	9.00-11.00am X	M50			9.00-11.00am X	M50		
Friday, 7 October 2011	<b>CS</b> 9.00-10.30am	M50			<b>CS</b> 9.00-10.30am	M50		
<b>Term 4 commences</b>								
<b>NOTE: NO CLASSES AT MOUNT SCOPUS</b>								
Monday, 10 October 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 11 October 2011			5.00-6.00pm X	Studio			5.00-6.00pm X	Studio
Wednesday, 12 October 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Thursday, 13 October 2011			5.00-6.30pm X	M50			5.00-6.30pm X	M50
Friday, 14 October 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
Monday, 17 October 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 18 October 2011			5.00-6.00pm X	Studio			5.00-6.00pm X	Studio
Wednesday, 19 October 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Thursday, 20 October 2011			5.00-6.30pm X	M50			5.00-6.30pm X	M50
Friday, 21 October 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
Monday, 24 October 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 25 October 2011			5.00-6.00pm X	Studio			5.00-6.00pm X	Studio
Wednesday, 26 October 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Thursday, 27 October 2011			5.00-6.30pm X	M50			5.00-6.30pm X	M50
Friday, 28 October 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
Monday, 31 October 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 1 November 2011	<b>■ No swimming - Public holiday</b>							
Wednesday, 2 November 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Thursday, 3 November 2011			5.00-6.30pm X	M50			5.00-6.30pm X	M50
Friday, 4 November 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
Monday, 7 November 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 8 November 2011			5.00-6.00pm X	Studio			5.00-6.00pm X	Studio
Wednesday, 9 November 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Thursday, 10 November 2011			5.00-6.30pm X	M50			5.00-6.30pm X	M50
Friday, 11 November 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
Monday, 14 November 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 15 November 2011			5.00-6.00pm X	Studio			5.00-6.00pm X	Studio
Wednesday, 16 November 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Thursday, 17 November 2011			5.00-6.30pm X	M50			5.00-6.30pm X	M50
Friday, 18 November 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50
Monday, 21 November 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Tuesday, 22 November 2011			5.00-6.00pm X	Studio			5.00-6.00pm X	Studio
Wednesday, 23 November 2011	5.45-7.15am	M25	5.00-6.30pm	M50	5.45-7.15am	M25	5.00-6.30pm	M50
Thursday, 24 November 2011			5.00-6.30pm X	M50			5.00-6.30pm X	M50
Friday, 25 November 2011	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50	5.45-7.15am	M25	4.30-6.00pm X	Studio/M50

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

**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

**■** = Variations to normal schedule  
**HOLT** = Harold Holt Pool  
**Creche** = Dry-land in MARC Creche



# TATESWIM SPRING TRAINING CALENDAR

Day and date	YOUTH		SENIORS		MASTERS	
	Time	Venue	Time	Venue	Time	Venue
Monday, 29 August 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 30 August 2011	7.00-8.00pm	M25				
Wednesday, 31 August 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 1 September 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	Scopus
Friday, 2 September 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
Monday, 5 September 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 6 September 2011	7.00-8.00pm	M25				
Wednesday, 7 September 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 8 September 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	Scopus
Friday, 9 September 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
Monday, 12 September 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 13 September 2011	7.00-8.00pm	M25				
Wednesday, 14 September 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 15 September 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	Scopus
Friday, 16 September 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
Monday, 19 September 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 20 September 2011	7.00-8.00pm	M25				
Wednesday, 21 September 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 22 September 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	Scopus
Friday, 23 September 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
<b>Term 3 concludes</b>						
Monday, 26 September 2011	<b>BREAK</b>					
Tuesday, 27 September 2011						
Wednesday, 28 September 2011						
Thursday, 29 September 2011						
Friday, 30 September 2011						
<b>School holiday training schedule commences</b>						
Monday, 3 October 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 4 October 2011	7.00-8.00pm	M25				
Wednesday, 5 October 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 6 October 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	■ No Swimming	
Friday, 7 October 2011	CS 9.00-10.30am	M50	CS 9.00-10.30am	M50		
<b>Term 4 commences</b>						
Monday, 10 October 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 11 October 2011	7.00-8.00pm	M25				
Wednesday, 12 October 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 13 October 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	MARC
Friday, 14 October 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
Monday, 17 October 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 18 October 2011	7.00-8.00pm	M25				
Wednesday, 19 October 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 20 October 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	MARC
Friday, 21 October 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
Monday, 24 October 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 25 October 2011	7.00-8.00pm	M25				
Wednesday, 26 October 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 27 October 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	MARC
Friday, 28 October 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
Monday, 31 October 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 1 November 2011	■ No swimming - Public holiday					
Wednesday, 2 November 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 3 November 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	MARC
Friday, 4 November 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
Monday, 7 November 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 8 November 2011	7.00-8.00pm	M25				
Wednesday, 9 November 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 10 November 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	MARC
Friday, 11 November 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
Monday, 14 November 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 15 November 2011	7.00-8.00pm	M25				
Wednesday, 16 November 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 17 November 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	MARC
Friday, 18 November 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		
Monday, 21 November 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Tuesday, 22 November 2011	7.00-8.00pm	M25				
Wednesday, 23 November 2011	6.30-7.45pm	M50	6.30-7.45pm	M50		
Thursday, 24 November 2011	7.00-8.00pm	M25	7.00-8.00pm	M25	6.00-7.00am	MARC
Friday, 25 November 2011	4.30-6.00pm X	Studio/M50	4.30-6.00pm X	Studio/M50		

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**M25** = MARC 25m indoor pool  
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