

**SURREY PARK SWIMMING CLUB
JANUARY 2011 HOLIDAY TRAINING SCHEDULE**

WEEK OF 3rd to 9th JANUARY

SEALS & PENGUINS

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM				8:00-10:00	BOX HILL	COOP	8:00-10:00	BOX HILL	COOP	8:00-10:00	BOX HILL	JUZ	8:00-10:00	BOX HILL	JUZ			
PM																		

PIRANHAS GOING TO ADELAIDE

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM				5:30-7:30	BALWYN	AMY	OFF			5:30-7:30	BALWYN	AMY	5:20-7:20	BOX HILL	AMY	6:00-9:00	BOX HILL	AMY
PM	4:30-6:30	BALWYN	AMY	OFF			4:00-6:00	TRINITY	AMY	4:00-6:00	TRINITY	AMY						

STATE

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	5:20-7:20	BOX HILL	AMY	5:30-7:30	BALWYN	AMY	OFF			5:30-7:30	BALWYN	AMY	5:20-7:20	BOX HILL	AMY	6:00-9:00	BOX HILL	AMY
PM	4:30-6:30	BALWYN	AMY	OFF			4:00-6:00	TRINITY	AMY	4:00-6:00	TRINITY	AMY	4:30-7:00	HAWTHORN	MIKE/AMY			

NATIONALS

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	8:00-10:00	BALWYN	MIKE/JUZ	5:20-7:20	BOX HILL	MIKE/JUZ	OFF			5:20-7:20	BOX HILL	MIKE/JUZ	5:30-7:30	BALWYN	MIKE/JUZ	6:00-8:30	BALWYN	MIKE/JUZ
PM	4:00-6:30	TRINITY	MIKE/JUZ	4:15-6:45	BALWYN	MIKE/AMY	4:15-6:45	BALWYN	MIKE/JUZ	4:15-6:45	BALWYN	MIKE/JUZ	4:30-7:00	HAWTHORN	MIKE/AMY/JUZ			

**SURREY PARK SWIMMING CLUB
JANUARY 2011 HOLIDAY TRAINING SCHEDULE**

WEEK OF 10th to 15th JANUARY

SEALS & PENGUINS

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	8:00-10:00	BOX HILL	JUZ	8:00-10:00	BOX HILL	JUZ	8:00-10:00	BOX HILL	JUZ	8:00-10:00	BOX HILL	JUZ	8:00-10:00	BOX HILL	JUZ			
PM																		

PIRANHAS

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	OFF			OFF			5:20-7:20	BOX HILL	COOP	OFF			OFF			6:00-9:00	BOX HILL	COOP
PM	4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP			

STATE

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	5:20-7:20	BOX HILL	AMY	5:30-7:30	BALWYN	AMY	OFF			5:30-7:30	BALWYN	AMY	5:20-7:20	BOX HILL	AMY	6:00-9:00	BOX HILL	AMY
PM	4:30-6:30	BALWYN	AMY	OFF			4:00-6:00	TRINITY	AMY	4:00-6:00	TRINITY	AMY	4:30-7:00	HAWTHORN	MIKE/AMY			

NATIONALS

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	5:30-7:30	BALWYN	MIKE/COOP	5:20-7:20	BOX HILL	MIKE/JUZ	OFF			5:20-7:20	BOX HILL	MIKE/COOP	5:30-7:30	BALWYN	MIKE/COOP	6:00-8:30	BALWYN	MIKE/JUZ
PM	4:00-6:30	TRINITY	MIKE/JUZ	4:15-6:45	BALWYN	MIKE/AMY	4:15-6:45	BALWYN	MIKE/JUZ	4:15-6:45	BALWYN	MIKE/JUZ	4:30-7:00	HAWTHORN	MIKE/AMY			

**SURREY PARK SWIMMING CLUB
JANUARY 2011 HOLIDAY TRAINING SCHEDULE**

WEEK OF 17th to 22nd JANUARY

PIRANHAS

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	OFF			OFF			5:20-7:20	BOX HILL	COOP	OFF			OFF			6:00-9:00	BOX HILL	COOP
PM	4:00-6:00	BOX HILL	COOP	4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP			

STATE

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	5:20-7:20	BOX HILL	AMY	5:30-7:30	BALWYN	AMY	7:00-8:30	BALWYN	MIKE/AMY	5:30-7:30	BOX HILL	COOP	5:20-7:20	BOX HILL	COOP	6:00-9:00	BOX HILL	COOP
PM	4:30-6:30	BALWYN	AMY	OFF			4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP			

NATIONALS

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	5:30-7:30	BALWYN	MIKE/JUZ/C	5:20-7:20	BOX HILL	MIKE/JUZ	7:00-8:30	BALWYN	MIKE/AMY	5:20-7:20	BOX HILL	COOP	5:20-7:20	BOX HILL	COOP	6:00-8:30	BOX HILL	COOP
PM	4:00-6:30	TRINITY	MIKE	4:15-6:45	BALWYN	MIKE/AMY	4:15-6:45	TRINITY	COOP	4:00-6:00	TRINITY	COOP						

**SURREY PARK SWIMMING CLUB
JANUARY 2011 HOLIDAY TRAINING SCHEDULE**

WEEK OF 24th to 29th JANUARY

PIRANHAS

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	OFF			OFF			5:20-7:20	BOX HILL	COOP	OFF			OFF			6:00-9:00	BOX HILL	COOP
PM	4:00-6:00	TRINITY	COOP	4:00-6:00	TRINITY	COOP	4:00-6:00	BOX HILL	COOP	4:00-6:00	BOX HILL	COOP	4:00-6:00	BOX HILL	COOP			

STATE

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	5:20-7:20	BOX HILL	COOP	5:20-7:20	BOX HILL	COOP	OFF			5:30-7:30	BALWYN	AMY	5:20-7:20	BOX HILL	AMY	6:00-9:00	BOX HILL	AMY
PM	4:00-6:00	TRINITY	COOP	OFF			4:00-6:00	TRINITY	AMY	4:00-6:00	TRINITY	AMY	4:30-7:00	HAWTHORN	MIKE/AMY			

NATIONALS

	MON	POOL	COACH	TUES	POOL	COACH	WED	POOL	COACH	THURS	POOL	COACH	FRI	POOL	COACH	SAT	POOL	COACH
AM	5:30-7:30	BOX HILL	COOP	5:20-7:20	BOX HILL	COOP	OFF			5:20-7:20	BOX HILL	MIKE	5:30-7:30	BALWYN	MIKE/COOP	6:00-8:30	BALWYN	MIKE/JUZ
PM	4:00-6:30	TRINITY	MIKE	4:15-6:45	TRINITY	COOP	4:15-6:45	BALWYN	MIKE/JUZ	4:15-6:45	BALWYN	MIKE/JUZ	4:30-7:00	HAWTHORN	MIKE/AMY			