



Aquatic Life skills from infants to internationals

Holiday Training Schedule

| Squad | Last session for 2011 | First session for 2012 |
|-------------------------|-----------------------|--|
| 3.30 Competition Sharks | Thursday 22/12/11 | Monday 30/1/12 |
| 4.05 Juniors | Saturday 24/12/11 | Monday 30/1/12 |
| Rising Star | Saturday 24/12/11 | Tuesday 2/1/12 (PM sessions will be 5-7pm until school starts). |
| Age Group | Saturday 24/12/11 | Monday 2/1/12 |
| Open | Saturday 24/12/11 | Monday 2/1/12 |
| STM 1 | Friday 23/12/11 | Wednesday 11/1/12 (\$10.00 per session) |
| STM 2 | Friday 23/12/11 | Monday 2/1/12 |
| STM 3 | Friday 23/12/11 | Monday 2/1/12 |

Optional sessions will be held for the Competition Sharks and Juniors every Tuesday and Thursday from 3.30-5.00pm starting Tuesday 10/1/12. Cost is \$10.00 per swimmer, or if more than one swimmer per family \$10.00 per family each session.

Thank you,

H2O Dreams Ltd