

# OPEN AGE SQUAD SESSIONS

## JANUARY HOLIDAY PROGRAM

2 - 25 JANUARY 2019



THU 20 DEC - TUE 1 JAN		PROGRAM BREAK NO SESSIONS		
WED 2 JAN	R	6:00-8:00AM	6:00-8:00AM	8:00-8:30AM
THU 3 JAN	R	6:00-8:00AM	8:00-8:30AM	4:00-6:00PM 4:00-6:00PM
FRI 4 JAN	F	4:00-6:00PM	4:00-6:00PM	
	R	6:00-8:00AM	8:00-8:30AM	

### SESSION GUIDE

- STATE AND NATIONAL SQUADS
- PRE STATE SQUAD
- FIT SQUAD
- DISTRICT SQUAD
- DRY LAND SESSION

### LOCATION GUIDE

F

**FITZROY SWIMMING POOL**  
ALEXANDRA PARADE, FITZROY

R

**RICHMOND RECREATION CENTRE**  
GLEADELL STREET, RICHMOND

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2 - 25 JANUARY 2019



MON	F	 4:00-5:00PM	 4:00-6:00PM
	R	 6:00-8:00AM	 8:00-8:30AM
TUE	R	 6:00-8:00AM	 8:00-8:30AM 4:00-5:30PM 4:00-6:00PM
WED	R	 6:00-8:00AM	 8:00-8:30AM 4:00-5:00PM
THU	R	 6:00-8:00AM	 8:00-8:30AM 4:00-5:30PM 4:00-6:00PM
FRI	F	 4:00-5:30PM	 4:00-6:00PM
	R	 6:00-8:00AM	 8:00-8:30AM

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