

OPEN AGE SQUAD SESSIONS

EFFECTIVE FROM 8 OCTOBER 2018



Day	Session Type	Time	Instructor
MON	C	4:30-5:30PM	(MICHAEL)
	F	4:30-5:00PM	(TRACY)
	R	6:00-7:30AM	(TRACY)
TUES	C	4:45-5:45PM	(JASPER)
	R	4:00-5:00PM	(JESS)
	R	5:30-7:00PM	(TRACY)
WED	C	4:30-5:30PM	(JESS)
	R	6:00-7:30AM	(TRACY)
THURS	C	4:45-5:45PM	(MICHAEL)
	R	4:00-5:00PM	(JESS)
FRI	C	6:00-7:30AM	(TRACY)
	F	5:00-6:30PM	(TRACY)
	R	4:00-5:00PM	(MICHAEL)
SAT	C	9:00-10:00AM	(JASPER)
	R	7:00-8:30AM	(JESS)

SESSION GUIDE

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

LOCATION GUIDE

- C** COLLINGWOOD LEISURE CENTRE
CRN TURNBULL AND HODDLE STREET, CLIFTON HILL
- F** FITZROY SWIMMING POOL
ALEXANDRA PARADE, FITZROY
- R** RICHMOND RECREATION CENTRE
GLEADELL STREET, RICHMOND