

# OPEN AGE SQUAD SESSIONS

## 29 JANUARY - 7 APRIL 2019



Day	Session Type	Time	Location
MON	F	4:00-5:00PM (TBA)	FITZROY SWIMMING POOL
	R	6:00-7:30AM (TRACY)	RICHMOND RECREATION CENTRE
TUES	F	4:00-5:00PM (TBA)	FITZROY SWIMMING POOL
	R	6:00-7:30AM (TRACY)	RICHMOND RECREATION CENTRE
WED	F	4:00-5:00PM (JESS)	RICHMOND RECREATION CENTRE
	R	6:00-7:30AM (TRACY)	RICHMOND RECREATION CENTRE
THURS	F	4:00-5:00PM (TBA)	FITZROY SWIMMING POOL
	R	4:00-5:00PM (JESS)	RICHMOND RECREATION CENTRE
FRI	F	5:00-6:30PM (TRACY)	FITZROY SWIMMING POOL
	R	6:00-7:30AM (TRACY)	RICHMOND RECREATION CENTRE
SAT	R	7:00-8:30AM (JESS)	RICHMOND RECREATION CENTRE
	R	8:30-9:30AM (JESS)	RICHMOND RECREATION CENTRE

### 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