

2009/10 New South Swimming Christmas Training Schedule (Mon. 12/21–Sun. 1/3)

BOTH Bronze Teams

Mondays 21st & 28th 2:00-3:00 @ MCAC Tuesday 22nd 1:00-2:00 bubble

Wednesdays 23rd and 30th 2:00 - 3:00 @ MCAC

BOTH Silver Teams

Monday - Wednesday both weeks 3:00 - 4:30 @ MCAC

Tuesday 22nd Christian silver 1:45-3:15 @ bubble

Saturdays regular schedule and pool

Gold Team

Monday - Wednesday both weeks 2:45 - 4:30

Thursdays 24th & 31st 10:00 - 11:30

Saturdays regular

Pre II's

Monday - Wednesdays both weeks 10:30 - 12:15 Saturdays regular

Pre I & Senior

(dryland 10:30-11:15 Mon-Wed-Sat)

Monday - Wednesday both weeks 8:30 - 10:30 & 3:30 - 5:30

Thursdays 24th 9 - 11 31st 8:30 - 11:00

Saturdays regular

Friday the 1st 9:00 - 11:15