

Week 1 1/1/2018 Notes	Mon 01/01 Tue 02/01 Wed 03/01 Thu 04/01 Fri 05/01 Sat 06/01 Sun 07/01						
	Gold Squad program recommences Wednesday 3rd January Black and White Squad on break Cam Holiday						
	Happy New Year			Gold 6:45-9:00am	Gold 7:00-9:30am at Pymble Yoga 10-11:30am	Gold Swim 7:00-9:00am Gym 9:00-10:30am	
			Gold Gym 2:30-4:00pm Swim 4:00-6:00pm	Gold 4:00-6:00pm			
Week 2 1/8/2018 Notes	Mon 08/01 Tue 09/01 Wed 10/01 Thu 11/01 Fri 12/01 Sat 13/01 Sun 14/01						
	Coach meeting 11:30am White start back Monday 8th January Black start back Monday 8th January						
	Black 6:00-8:00am White 6:30-8:00am	Gold 9:00-11:00am Knox	Black 9:00-11:00am Knox White 6:30-8:00am	Gold 9:00-11:00am Knox	Club Trip Nelson Bay	Nelson Bay Meet	
	Gold Gym 2:30-4:00pm Swim 4:00-6:00pm	Black and White Dryland 3:00-4:00pm Swim 4:00-6:00pm	Gold Gym 2:30-4:00pm Swim 4:00-6:00pm	Black and White Dryland 3:00-4:00pm Swim 4:00-6:00pm Gold 3:00-5:00pm			
Week 3 1/15/2018 Notes	Mon 15/01 Tue 16/01 Wed 17/01 Thu 18/01 Fri 19/01 Sat 20/01 Sun 21/01						
	Black 6:00-8:00am White 6:30-8:00am Gold 7:00-9:00am	Gold 9:00-11:00am Knox	Black 9:00-11:00am Knox White 6:30-8:00am	Gold 7:00-9:00am Yoga 9:30-11am Pymble	NSW Open Black 6:00-8:00am White 6:30-8:00am	NSW Open	NSW Open
	Gold Gym 2:30-4:00pm Swim 4:00-5:30pm		Gold Gym 2:30-4:00pm Swim 4:00-6:00pm	Black and White Dryland 3:00-4:00pm Swim 4:00-6:00pm			
		Black and White Dryland 3:00-4:00pm Swim 4:00-6:00pm					

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.

Week 4 1/22/2018	Mon 22/01	Tue 23/01	Wed 24/01	Thu 25/01	Fri 26/01	Sat 27/01	Sun 28/01
Notes	Camp ABB - White Squad Monday - Thursday 9am-12pm						
	Black 6:00-8:00am	Gold 9:00-11:00am Knox	Black 6:00-8:00am	Gold 7:00-9:00am Yoga 9:30-11am Pymble	Australia Day		
	Gold Gym 2:30-4:00pm Swim 4:00-6:00pm	Black 11:00-1:00pm	Gold Swim 11:00-12:00pm Gym 12:00-1:00pm	Black and White 11:00-1:00pm			
Week 5 1/29/2018	Mon 29/01	Tue 30/01	Wed 31/01	Thu 01/02	Fri 02/02	Sat 03/02	Sun 04/02
Notes	Term 1 begins - refer to Term 1 timetable (see Club website)						