

Week 1 10/1/2018	Mon 01/10	Tue 02/10	Wed 03/10	Thu 04/10	Fri 05/10	Sat 06/10	Sun 07/10
<b>Notes</b>	Activities and swim sessions are held at Abbotsleigh Labour Day - Monday State Teams Tuesday-Friday Swimnastics with Kirsten - bring your own mat (supported by Aquatic Centre) Yoga with Michelle - bring your own mat (supported by Swim Club) Bring your breakfast each day						
	Gold + Black 6:30-7:00am Activation 7:00-9:00am Swim	Gold + Black 6:30-7:00am Activation 7:00-9:00am Swim	Black 6:00-6:30am Activation 6:30-8:30am Swim White 6:10-6:30am Activation 6:30-8:00am Swim	Gold 6:30-7:00am Activation 7:00-9:00am Swim Gold 9:30-10:30am Land session	Gold + Black 6:00-6:30am Activation 6:30-8:30am Swim White 6:10-6:30am Activation 6:30-8:00am Swim	off	off
	Gold 9:30-11:00am Gym	Gold Swimnastics with Kirsten <a href="http://www.swimnastics.com.au">www.swimnastics.com.au</a> 9:30-10:30am Coach Education session 10:45-12:15pm	Black + White SquadSwimnastics with Kirsten <a href="http://www.swimnastics.com.au">www.swimnastics.com.au</a> 9:00-10:00am		Yoga with Michelle Gold+Black+White and parents Group session		
		Black+White 4:00-6:00pm Swim	Gold 2:30-4:00pm Gym 4:00-5:30pm Swim	Black+White 3:30-4:30pm Dryland 4:30-6:00pm Swim			
Week 2 10/8/2018	Mon 08/10	Tue 09/10	Wed 10/10	Thu 11/10	Fri 12/10	Sat 13/10	Sun 14/10
<b>Notes</b>	Team ABB Breakfast - breakfast together :) Camp Port - Monday-Friday Gold - Bring breakfast to training Tues-Fri All swim sessions are at Abbotsleigh Land activities may be off site, more information weather permitting						
	Gold + Black 6:00-6:30am Activation 6:30-8:30am Swim White 6:00-6:30am Activation 6:30-8:00am Swim	Gold 7:45-8:00am Activation 8:00-9:30am Swim Gold 10:00-11:00am Land activity	off	Gold 6:30-7:00am Activation 7:00-9:00am Swim Gold 9:30-10:30am Land activity	Gold 6:30-7:00am Activation 7:00-9:00am Swim Gold 9:30-11:00am Land activity	Black 6:00-6:30am Activation 6:30-8:30am Swim	off
	Team Breakfast Team activity 8:30-9:30am Gold+Black+White						
	Gold 9:30-11:00am Gym Leave for Camp Port 9:30-10:00am		Gold 2:30-4:00pm Gym 4:00-6:00pm Swim		White Squad 3:30-5:00pm Swim	Hornsby meet 12/u White Squad	

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.