

**TRAINING SCHEDULE FOR COACH ROB EMARY OF BROWARD AQUATIC
SWIM CLUB – FLORIDA WITH JAMAICA NATIONAL AND SWIMMERS IN
TOP 5 RANKINGS**

PLEASE NOTE:

- **SWIMMERS WHO ARE LATE FOR SESSIONS WILL NOT BE
ALLOWED TO JOIN THE SESSION**
- **ALL SWIMMERS MUST HAVE THEIR OWN KICKBOARD AND PULL
BUOY.**

Please see Group list for Swimmers names

Saturday Dec 27	5.30 – 8.00am	Groups 1 & 2
Saturday Dec 27	3.00 – 5.00pm	Groups 1, 2, 3 & 4
Sunday Dec 28	5.30 – 8.00am	Group 1 & 2
Sunday Dec 28	3.00 – 5.00pm	Groups 1, 3 & 4
Monday Dec 29	5.00 – 7.00am	Groups 1, 2, 3 & 4
Monday Dec 29	3 .00 – 5.00pm	Group 1
Tuesday Dec 30	5.30 – 8.00am	Group 1 & 2
Tuesday Dec 30	3.00 – 5.00pm	Groups 1, 2 & 3