National Age Group Swim Squads Training Schedule 2011 Christmas Training Camp

All Sessions at the National Stadium Pool

<u>2011</u>

Wednesday, December 28 th	-	6.30 - 8.30 a.m.	Senior & Junior
Wednesday, December 28 th	-	3.00 - 5.00 p.m.	All Squads
Thursday, January 29 th	-	ELECTION DAY	(No Training)
Friday, December 30 th	-	2.30 - 4.30 p.m.	All Squads

Saturday, December 31st

- 8.30 a.m. All Squads (Development Meet with McMaster University)

<u>2012</u>

Monday, January 2 nd	_	3.00 - 5.00 p.m.	All Squads
Tuesday, January 3 rd	-	6.30 - 8.30 a.m.	Senior & Junior
Tuesday, January 3 rd	-	3.00 - 5.00 p.m.	All Squads
Wednesday, January 4th	-	6.30 - 8.30 a.m.	Senior & Junior
Wednesday, January 4 th	-	3.00 - 5.00 p.m.	All Squads
Thursday, January 5 th	-	5.00 - 6.45 a.m.	All Squads