

TIMES FOR TRAINING COACH ROB'S CAMP JANUARY 1 – 4, 2010

All sessions at UWI pool except 4th Jan am which will be at YMCA

Please remember pool fees of \$100 per session

1 ST Jan	3.00 – 4.00pm	Group 3 & 4
1 st Jan	4.00 – 6.00pm	Group 1 & 2
2 nd Jan	7.00 – 9.00am	Group 1 & 3
2 nd Jan	3.00 – 4.00pm	Group 4
2 nd Jan	3.00 – 6.00pm	Group 1
2 nd Jan	4.00 – 6.00pm	Group 2
3 rd Jan	7.00 – 9.00am	Group 1 & 2
3 rd Jan	3.00 – 4.30pm	Group 3
3 rd Jan	3.00 – 6.00pm	Group 1 & 2
4 th Jan	5.00 – 6.45am	Group 2,3 & 4
4 th Jan	5.00 – 7.30am	Group 1
4 th Jan	2.00 – 4.00pm	Group 1 & 2