

Term 3 Training Plan

WEEK COMMENCING	EVENTS
	15 th /16 th – Metropolitan Championships @ SOPAC
WEEK 1 18TH JULY	18TH – TIVOLI SWIM SCHOOL RESUMES
WEEK 2 25TH JULY	29TH - CLUB NIGHT 30 th – Maroubra Junior Development Meet 31 st – Aquaburn and Aquablitz Meets
WEEK 3 1ST AUGUST	Swim Tests 6 th – SOPAC SC Qualifying Meet
WEEK 4 8TH AUGUST	
WEEK 5 15TH AUGUST	19TH – CLUB NIGHT 21 st – METSEA JX Meet @ SOPAC
WEEK 6 22ND AUGUST	PYJAMA PARTY (Swim & Survive Tests and Colouring Competition) 26TH – 28TH NSW STATE AGE CHAMPIONSHIPS @ SOPAC (INDIVIDUAL AND RELAYS)
WEEK 7 29TH AUGUST	RE-ENROLMENTS FOR TERM 4 COMMENCE Swim Tests
WEEK 8 5TH SEPTEMBER	RE-ENROLMENTS FOR TERM 4 ARE DUE 9 TH – CLUB NIGHT/ COMMITTEE MEETING 11 TH - CANBERRA ASC PENTATHLON
WEEK 9 12TH SEPTEMBER	
WEEK 10 19TH SEPTEMBER	RELAY WEEK 22 ND – KAMBALA SCHOOL TERM ENDS 24 TH – SWIM SCHOOL TERM ENDS
SCHOOL HOLIDAYS	School holiday programs (dates and details TBA)