

DECEMBER 2018 HOLIDAY DEVELOPMENT SQUADS

NATIONAL AQUATIC CENTRE

Monday 17, Wednesday 19, Friday 21 December
National Aquatic Centre 50m Pool
Cost \$25 per person
Coach: Eyad

Time	Lanes 1, 2 & 3
10:00am	Transition
10.45am	Development 1 , 2 and Fitness

**Please note this timetable is subject to change.*

Phone 09 477 2074 to make a booking.

BE THE BEST YOU CAN BE

JANUARY 2019 HOLIDAY DEVELOPMENT SQUADS

NATIONAL AQUATIC CENTRE

National Aquatic Centre 50m Pool

Cost \$25 per person per week

Coach: Eyad

Lanes 1, 2 & 3

Monday 7, Wednesday 9, Friday 11 January

10:00am Transition

10.45am Development 1, 2 and Fitness

Monday 14, Wednesday 16, and Friday 18 January

10:00am Transition

10.45am Development 1, 2 and Fitness

Monday 21, Wednesday 23, and Friday 25 January

10:00am Transition

10.45am Development 1, 2 and Fitness

**Please note this timetable is subject to change.*

Phone 09 477 2074 to make a booking.

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