



## August 2020 Training Group 3 (Ag1/Jr 1&2/Nv) Work – out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	28	29 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	30	31 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	1 August
2	3	4 Brock Pool Dry 8:00–8:15 am Pool 8:15-9:00 am	5	6 Brock Pool Dry 8:00–8:15 am Pool 8:15-9:00 am	7	8 OFF
9	10	11 Brock Pool Dry 8:00–8:15 am Pool 8:15-9:00 am	12	13 Brock Pool Dry 8:00–8:15 am Pool 8:15-9:00 am	14	15 OFF
16	17	18 Brock Pool Dry 8:00–8:15 am Pool 8:15-9:00 am	19	20 Brock Pool Dry 8:00–8:15 am Pool 8:15-9:00 am	21	22 OFF
23	24	25	26	27	28	29 August  Swimming for these groups will resumes Sept 9 <sup>th</sup> .