

## Broken Hill Aquatic Squad Training Schedule Winter 2015

DAY	Time/Venue	Note
Monday	6.30-7.00pm YMCA	CXWorx (for 12yrs+) Body Balance 7.00-8.00pm (for 12yrs+)
Tuesday	6.00-7.00am BHRAC 4.30-6.00pm BHRAC	We have training in the pool on these dates May – 5 <sup>th</sup> , 12 <sup>th</sup> June – 2 <sup>nd</sup> , 9 <sup>th</sup> , 30 <sup>th</sup> July – 7 <sup>th</sup> , 28 <sup>th</sup> August – 4 <sup>th</sup> , 25 <sup>th</sup> September 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>
Wednesday	6.30-7.45pm BHRAC	Pool session
Thursday	6.00-7.00am BHRAC 6.30-7.45pm BHRAC	Pool session Pool session
Friday	5.30-6.00pm YMCA	CXWorx (for 12yrs+)
Sunday	11.30-1.00pm BHRAC	Pool session