

Performance Transition Squad training schedules for February

Day	Date	AM	PM	Events
Thursday	1st	OFF	4:00 - 5:30 (Narrabeen)	
Friday	2nd	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	
Saturday	3rd	6:30 - 8:00 (Killarney Heights)	OFF	
Sunday	4th	OFF	OFF	
Monday	5th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	6th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	7th	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	8th	OFF	4:00 - 5:30 (Narrabeen)	
Friday	9th	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	
Saturday	10th	6:30 - 8:00 (Killarney Heights)	OFF	
Sunday	11th	OFF	OFF	Speedo Sprint Series Heats (Pymble Ladies' College)
Monday	12th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	13th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	14th	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	15th	OFF	4:00 - 5:30 (Narrabeen)	
Friday	16th	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	
Saturday	17th	6:30 - 8:00 (Killarney Heights)	OFF	
Sunday	18th	OFF	OFF	
Monday	19th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	20th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	21st	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	22nd	OFF	4:00 - 5:30 (Narrabeen)	
Friday	23rd	OFF	OFF	Carlile Club Championships session 3 (Narrabeen)
Saturday	24th	6:30 - 8:00 (Killarney Heights)	OFF	
Sunday	25th	OFF	OFF	
Monday	26th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	27th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	28th	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	