

## Age Performance Squad Training Schedule

### JULY 2018

DAY	DATE	AM	PM	WHAT'S ON
Sun	1	OFF	OFF	Pan Pac Trials 1 <sup>st</sup> July – 4 <sup>th</sup> July SA
Mon	2	4.45am – 7am (N)	3.45pm – 6pm(N)	
Tues	3	4.45am – 7am (N)	OFF	
Wed	4	OFF	3.45pm – 6pm(N)	
Thurs	5	4.45am – 7am (N)	3.45pm – 6pm(PH)	<b>Michelle away on Holidays 6<sup>th</sup> July – 15<sup>th</sup> July</b>  <b>School Holidays 6<sup>th</sup> July – 23<sup>rd</sup> July</b>
Fri	6	4.45am – 7am (N)	3.45pm – 6pm(N)	
Sat	7	5.45am – 7.30am (N)	OFF	
Sun	8	OFF	OFF	
Mon	9	4.45am – 7am (N)	3.45pm – 6pm(N)	
Tues	10	4.45am – 7am (N)**	OFF	
Wed	11	OFF	3.45pm – 6pm(N)	
Thurs	12	4.45am – 7am (N)**	OFF	
Fri	13	4.45am – 7am (N)	3.45pm – 6pm(N)	
Sat	14	5.45am – 7.30am (N) YOGA 7.30am	OFF	
Sun	15	OFF	OFF	
Mon	16	4.45am – 7am (N)	3.45pm – 6pm(N)	
Tues	17	4.45am – 7am (N)	OFF	
Wed	18	OFF	3.45pm – 6pm(N)	
Thurs	19	4.45am – 7am (N)	3.45pm – 6pm(PH)	
Fri	20	4.45am – 7am (N)	No Training Metro Champs 3pm w/up 4pm start	
Sat	21	SNSW Metropolitan Champs - SOPAC		
Sun	22	8am w/up 9am start		
Mon	23	OFF	3.45pm – 6pm(N)	
Tues	24	4.45am – 7am (N)	OFF	
Wed	25	OFF	3.45pm – 6pm(N)	
Thurs	26	4.45am – 7am (N)	3.45pm – 6pm(PH)	
Fri	27	4.45am – 7am (N)	3.45pm – 6pm(N)	
Sat	28	5.45am – 7.30am (N)	OFF	
Sun	29	OFF	OFF	
Mon	30	4.45am – 7am (N)	3.45pm – 6pm(N)	
Tues	31	4.45am – 7am (N)	OFF	

**PLEASE CHECK SCHEDULE CAREFULLY**

**N: Narrabeen**

**PH: Pittwater House**

**\*\* JPS training with APS**