



WILLOUGHBY SWIM SQUADS

Xmas - New Year Training Schedule 2019

willoughbyswimsquads.com.au



BOOKINGS AND ENQUIRIES 0431 215 808

WEEK 1: Monday 23rd December - Saturday 28th December 2019

WEEK 2: Monday 30th December - Saturday 4th January 2020

WEEK 1 SWORDFISH and COMPETITIVE TRANSITION SWIMMERS						
	Monday 23rd	Tuesday 24th	Wed 25th	Thursday 26th	Friday 27th	Saturday 28th
AM only	5.30 – 7.30am	Bold & Beautiful 7.00am start at Manly Beach	No Swimming	No Swimming	5.30 – 7.30am	7-8.30am
FEES: \$30 per week. Pool entry not included in fees. YOU MUST BOOK IN ORDER TO SWIM No afternoon sessions.						

WEEK 2 SWORDFISH and COMPETITIVE TRANSITION SWIMMERS						
	Monday 30th	Tuesday 31st	Wed 1st	Thursday 2nd	Friday 3rd	Saturday 4th
Time am	5.30 – 7.30am	Ocean Swim TBC	No Swimming	No Swimming	5.30 – 7.30am	7-8.30am
FEES: \$30 per week. Pool entry not included in fees. YOU MUST BOOK IN ORDER TO SWIM. No afternoon sessions						

TO BOOK:

1. Go to www.willoughbyswimsquads.com.au
2. Select the Book Now tab
3. Select XMAS holiday schedule.
4. Complete your details and submit
5. List sessions to attend in the notes section
6. Pay amount due

PAYMENT DUE AT TIME OF BOOKING