

FEBRUARY AND CNY TRAINING			SQUADS	SCA/HWI Squad Training Changes
Date	Day	Special Events	Please refer to main schedule for 'as normal' sessions	
4TH	Wednesday	50m pool in action	ALL SQUADS	As Normal (EXCEPT no early morning)
5th	Thursday		ALL SQUADS	As Normal
6th	Friday	Age Group Chmps	ALL SQUADS	As Normal
7th	Saturday	Age Group Chmps	ALL SQUADS	As Normal
8th	Sunday	Age Group Chmps	ALL SQUADS	As Normal
9th	Monday		ALL SQUADS	As Normal
10th	Tuesday		ALL SQUADS	As Normal
11th	Wednesday		ALL SQUADS	As Normal
12th	Thursday		ALL SQUADS	As Normal
13th	Friday		ALL SQUADS	As Normal
14th	Saturday		ALL SQUADS	As Normal
15th	Sunday		ALL SQUADS	As Normal
16th	Monday	New years eve	PERFORMANCE SQUADS	0700-0900hrs AM training - no evening
			GOLD	0900-1030 AM - no evening session
			SILVER 1 & 2	0900-1030 AM - no evening session
			BRONZE 1 & 2	0900 - 1000 AM - no evening session
17th	Tuesday	PUBLIC HOLIDAYS	NO TRAINING - SCAA closed	
18th	Wednesday			
19th	Thursday			
20th	Friday	Pool closes 6.30pm	PERFORMANCE SQUADS	1600-1815 PM
			GOLD	1630-1815 PM
			SILVER 1 & 2	1630-1815 PM
			BRONZE 1 & 2	1630-1730 PM
21st	Saturday	Mornng sessions	PERFORMANCE SQUADS	0600-0700 Land Training
			PERFORMANCE SQUADS	0700-0900 Pool Session
			COMPETITIVE SQUAD	0700-0900 AM
			GOLD	0900-1045 AM
			SILVER 1 & 2	0900-1030 AM
			BRONZE 1 & 2	0900-1000 AM
			CLUB TRAINING SQUAD	0900-1030 AM
22nd	Sunday	Mornng sessions	COMPETITIVE SQUAD	0700-0900 AM - no evening session
			GOLD	0700-0900 AM
			SILVER 1 & 2	0730-0900 AM
			BRONZE 1 & 2	0730-0900 AM
23rd	Monday		ALL SQUADS	As Normal
24th	Tuesday		ALL SQUADS	As Normal
25th	Wednesday		ALL SQUADS	As Normal
26th	Thursday	SCAA CLEANING DAY  1	ALL THURSDAY SQUADS welcome to join early AM training	TRAINING ONLY FROM 05.15 - 06.45AM.  NO EVENING TRAINING THIS DAY
27th	Friday	SCAA CLEANING DAY  2	ALL FRIDAY SQUADS welcome to join early AM training	TRAINING ONLY FROM 05.15 - 06.45AM.  NO EVENING TRAINING THIS DAY
28th	Saturday	DIVISION 3 SCAA pool closes at 1730pm	PERFORMANCE SQUADS	0600-0700 Land Training
			PERFORMANCE SQUADS	0700-0900 Pool Session
			COMPETITIVE SQUAD	0700-0900 AM - no evening session
			GOLD - cancelled	NO TRAINING as most at Division 3
			SILVER 1 & 2	1600-1730 PM
			CLUB TRAINING SQUAD	1600-1730 PM
Sunday March 1st		SCAA re-opens to public- ALL TRAINING BACK TO NORMAL		