Armadale Masters Swimming Club
Club Calendar JULY 2022

DATE	DAY	ACTIVITY / EVENT	Venue/pools	Coach/organiser
2nd	Saturday	Club Championships 8.30am warm up 9.00am start 200m and 25m choice Bring a plate morning tea	25m pool	Alex
4th	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
5th	Tuesday	Technique Session Squad Training (7.00pm-8.00pm)	25m pool	Peter
6th	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
7th	Thursday	Technique Session Squad Training (7.00pm-8.00pm)	25m pool	Peter
9th	Saturday	Squad Training (9.00am-10.00am)	25m pool (2 lanes) 50m pool (2 lanes)	Colin
11th	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
12th	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Derek
13th	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
14th	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Heather
16th	Saturday	Squad Training (9.00am-10.00am)	25m pool (2 lanes) 50m pool (2 lanes)	Alex
17th	Sunday	Riverton Masters Act Belong Commit Club Challenge	Riverton Leisureplex	Self-register My Swim Results
18th	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
19th	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Charles
20th	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
21st	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm) Endurance Swims	50m pool 25m pool	Hans/Derek
23rd	Saturday	Squad Training (9.00am-10.00am)	25m pool (2 lanes) 50m pool (2 lanes)	Alex
25th	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
26th	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Colin
27th	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
28th	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Colin
30th	Saturday	Squad Training (9.00am-10.00am)	25m pool (2 lanes) 50m pool (2 lanes)	Alex

Sunday morning Endurance contact Hans
Mon\Wed morning Endurance contact Charles

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