



Armadale Masters Swimming Club

Club Calendar AUGUST 2023

DATE	DAY	ACTIVITY / EVENT	Coach Organiser	Venue
1 ST	Tuesday	Squad Training (7.00pm-8.00pm)	Heather	25m pool
3 RD	Thursday	Squad Training (7.00pm-8.00pm)	Charles	25m pool
5 TH	Saturday	Club Championships Round 7 (9.30am-10.30am) Followed by morning tea – bring a plate	Rowena	25m pool
8 TH	Tuesday	Squad Training (7.00pm-8.00pm)	Peter	25m pool
10 TH	Thursday	Squad Training (7.00pm-8.00pm)	Peter	25m pool
12 TH	Saturday	Squad Training (9.30am-10.30am)	Fettes	25m pool
15 TH	Tuesday	Squad Training(7.00pm-8.00pm)	Derek	25m pool
17 TH	Thursday	Endurance Swims Only (7.00pm-8.00pm)	Hans	25m pool
19 TH	Saturday	Squad Training (9.30am-10.30am)	Rowena	25m pool
22 ND	Tuesday	Squad Training (7.00pm-8.00pm)	Nicole	25m pool
24 TH	Thursday	Squad Training (7.00pm-8.00pm)	Derek	25m pool
26 TH	Saturday	Squad Training (9.30am-10.30am)	Fettes	25m pool
29 TH	Tuesday	Squad Training (7.00pm-8.00pm)	Heather	25m pool
31 ST	Thursday	Squad Training (7.00pm-8.00pm)	Sarah	25m pool

