

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 |

