



## Clem Jones Centre - SENIOR SQUAD (Winter Program)

**No Training Wednesday 25<sup>th</sup> April (Anzac Day) or Monday 7<sup>th</sup> May (Labour Day)**

Squad	Cost (Monthly)	Session Times
SENIOR  <u>MAY</u> (Josh) <b>NO GYM DURING MAY</b>	\$135.00	<b>Monday to Friday</b> 4.15pm to 6.15pm <b>Wednesday &amp; Friday mornings ONLY</b> 5.30am to 7.00am
SENIOR  <u>JUNE</u> (Brian)	\$135.00	<b>Monday to Friday</b> 4.15pm to 6.30pm <b>Tuesday &amp; Thursday mornings (GYM ONLY)</b> 5.45am to 6.45am <b>Saturday (Swim/Gym)</b> 6.00am to 9.00am
SENIOR  NORMAL TRAINING <u>JULY</u> (Brian & Josh)	\$135.00	<b>Monday to Friday</b> 4.15pm to 6.30pm <b>Tuesday to Thursday</b> 5.15am to 7.00am <b>Saturday</b> 6.00am to 9.00am

### **PLEASE READ CAREFULLY SO YOU KNOW WHEN TRAINING WILL BE HAPPENING**

Just a quick note to let you know that I would like Senior Swimmers who have trained regularly throughout the season to take a break at the end of April and recommence training 1<sup>st</sup> June 2018.

As you can see from the table above we will not be having gym during the month of May. The only mornings available during May will be Wednesday and Friday.

If you only train a few days a week and feel you do not need a break please come and talk to me.

I know some of you have not taken a break for some time and would prefer not to take one but I know it is very important to get away from the pool and refresh the body and mind. It is VERY IMPORTANT that you stay active while on your break (don't be a couch potato) so when you get back it's not too hard to regain your fitness.

After your break, I recommend you start back with maybe 2 mornings and 2 or 3 afternoons, building up weekly and then back to normal training in July (Once again talk to me if unsure).

If you have any questions or concerns, please talk to me.

Thanks

Brian