



DATE	DAY	ACTIVITY / EVENT	Coach/ Organiser	Venue/ pool
2 nd	Thursday	Squad Training (6.30pm-7.30pm)	Peter	50m pool
4 th	Saturday	Squad Training (8.30am-9.30am)	Fettes	50m pool
4 th	Saturday	WOW Swim #5 Mullaloo Mile	Self	Mullaloo Beach
7 th	Tuesday	Squad Training (6.30pm-7.30pm)	Peter	50m pool
9 th	Thursday	Squad Training (6.30pm-7.30pm)	Nicole	50m pool
11 th	Saturday	Club Championships 8.00am warm up 8.30am start 100m and 100m choice Bring a plate morning tea	Rowena	50m pool
11 th	Saturday	Annual General Meeting – 10.00am	Colin	Clubroom, AFAC
12 th	Sunday	WOW Swim #6 Coogee Jetty to Jetty	Self	Woodman Point, Coogee
14 th	Tuesday	Squad Training (6.30pm-7.30pm)	Charles	50m pool
16 th	Thursday	Squad Training (6.30pm-7.30pm) Endurance Swims	Heather\Nicole	50m pool
18 th	Saturday	Squad Training (8.30am-9.30am)	Fettes	50m pool
21 st	Tuesday	Squad Training (6.30pm-7.30pm)	Heather	50m pool
23 rd	Thursday	Squad Training (6.30pm-7.30pm)	Nicole	50m pool
25 th	Saturday	Squad Training (8.30am-9.30am)	Fettes	50m pool
26 th	Sunday	Fremantle Masters Act Belong Commit Carnival	Self	Fremantle Leisure Centre
28 th	Tuesday	Squad Training (6.30pm-7.30pm)	Nicole	50m pool
30 th	Thursday	Squad Training (6.30pm-7.30pm)	Charles	50m pool

Sunday morning Endurance Swims please contact Hans



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Mentally Healthy WA