INTERNAL



## ARTEMIS AQUATICS SWIMMING CLUB

## SPRING HOLIDAY TRAINING SCHEDULE 23 Sept - 4 Oct 2024

WEEK 1 (All Squads)		MONDAY 23/09	TUESDAY 24/09	WEDNESDAY 25/09	THURSDAY 26/09	FRIDAY 27/09
	MORNING	Swim <i>Artemis Pool</i> 7:00 - 9:00am	Grand Final Public Holiday			
		MONDAY 30/09	TUESDAY 01/10	WEDNESDAY 02/10	THURSDAY 03/10	FRIDAY 04/10
WEEK 2 (All Squads)	MORNING	Swim <i>Artemis Pool</i> 7:00 - 9:00am				