

2009 JULY SCHOOL HOLIDAYS TIMETABLE ALL SQUADS

	National Open		National Youth		National Age		State Youth		State Junior		State Development		Junior A							
	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue						
<b>Monday, 29 June 2009</b>	6:00-8:00am	Police Academy	SHEPPARTON SWIM CAMP	Nuna	6:00-8:00am	Nuna	TRARALGON TRIP		TRAINING BREAK	TRAINING BREAK	5:30-7:00am	Syndal			<b>Monday, 29 June 2009</b>					
	4:00-6:00pm	Nuna					5:00-6:00pm Gym	Nuna							No Training					
<b>Tuesday, 30 June 2009</b>	5:00-7:00am Swim	Nuna					No Training				No Training				No Training			<b>Tuesday, 30 June 2009</b>		
	7:00-8:00am Gym	Nuna													6:00-7:30pm	Nuna				
	4:00-6:00pm	Police Academy					4:00-6:00pm	Nuna							No Training					
<b>Wednesday, 1 July 2009</b>	No Training						No Training				5:00-7:00am	Nuna			No Training			<b>Wednesday, 1 July 2009</b>		
	4:00-6:00pm	Police Academy					5:00-7:00pm	Police Academy			4:00-6:00pm	Nuna			6:00-7:30pm	Nuna				
<b>Thursday, 2 July 2009</b>	5:00-7:00am Swim	Nuna					SHEPPARTON SWIM CAMP				No Training				No Training			<b>Thursday, 2 July 2009</b>		
	7:00-8:00am Gym	Nuna											4:00-6:00pm	Nuna			5:15-6:00pm Dryland	Nuna		
	4:00-6:00pm	Police Academy											5:00-7:00am	Nuna			No Training			
<b>Friday, 3 July 2009</b>	6:00-8:00am	Police Academy							No Training				No Training			<b>Friday, 3 July 2009</b>				
	No Training						5:00-7:00am Swim	Nuna			6:30-8:00am	Nuna								
<b>Saturday, 4 July 2009</b>	6:00-8:00am Swim	Nuna	No Training				No Training				No Training			<b>Saturday, 4 July 2009</b>						
	8:00-9:00am Gym	Nuna									No Training									
<b>Sunday, 5 July 2009</b>	No Training						No Training				No Training			<b>Sunday, 5 July 2009</b>						
<b>Monday, 6 July 2009</b>	6:00-8:00am	Police Academy	5:00-7:00am	Nuna	5:00-7:00am	Nuna	TRAINING BREAK		No Training		No Training		TRAINING BREAK		<b>Monday, 6 July 2009</b>					
	4:00-6:00pm	Police Academy	4:00-6:00pm	Nuna	5:00-6:00pm Gym	Nuna					4:00-5:30pm	Syndal			5:30-7:30pm	Syndal				
<b>Tuesday, 7 July 2009</b>	5:00-7:00am Swim	Nuna	5:00-7:00am Swim and Gym	Nuna	7:00-9:00am	Nuna					No Training				No Training					
	7:00-8:00am Gym	Nuna			No Training						4:00-6:00pm	Nuna			6:00-7:30pm	Nuna				
	4:00-6:00pm	Police Academy	5:00-7:00pm	Police Academy	No Training				No Training		No Training									
<b>Wednesday, 8 July 2009</b>	No Training		No Training		No Training				3:30-4:30pm Dryland	Nuna	No Training									
	4:00-6:00pm	Police Academy	5:00-7:00pm	Police Academy	5:00-7:00pm	Police Academy			4:30-6:00pm Swim	Nuna	No Training									
<b>Thursday, 9 July 2009</b>	5:00-7:00am Swim	Nuna	5:00-7:00am Swim and Gym	Nuna	7:00-9:00am	Nuna	No Training		No Training		No Training									
	7:00-8:00am Gym	Nuna			No Training				4:00-6:00pm	Nuna	5:15-6:00pm Dryland	6:00-7:30pm Swim	Nuna							
	4:00-6:00pm	Police Academy	No Training		No Training		5:00-7:00pm	Police Academy	4:00-6:00pm	Nuna	No Training									
<b>Friday, 10 July 2009</b>	6:00-8:00am	Police Academy	5:00-7:00am	Nuna	5:00-7:00am	Nuna	7:00-9:00am	Nuna	No Training		No Training									
	No Training		4:00-6:00pm	Nuna	5:00-6:00pm Gym	Nuna	5:00-7:00pm	Police Academy	4:00-5:30pm	Syndal	5:30-7:00pm	Syndal								
<b>Saturday, 11 July 2009</b>	6:00-8:00am Swim	Police Academy	5:00-7:00am Swim	Nuna	5:00-7:00am Swim	Nuna	5:00-6:00am Swim	Nuna	6:45-8:00am	Nuna	7:45-9:00am	Nuna								
	8:30-9:30am Gym	Police Academy	7:00-8:00am Gym	Nuna	No Training		6:00-7:00am Gym	Nuna	No Training		No Training									
	No Training		No Training		No Training		No Training		No Training		No Training									
<b>Sunday, 12 July 2009</b>	No Training						No Training				No Training									
	No Training						No Training				No Training									