

**Clem Jones Centre Adult Swim Squad**

**December/January Schedule**

Please take note of the important training changes for the upcoming December/January holiday period.

**Training Schedules**

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| **December 2017** | | | |
| **Week** | **Dates** | **Training** | **Other** |
| 1 | 27/11 – 2/12 | NORMAL SCHEDULE |  |
| 2 | 4/12 – 9/12 | NORMAL SCHEDULE |  |
| 3 | 11/12 – 16/12 | NORMAL SCHEDULE |  |
| 4 | 18/12 – 23/12 | NORMAL SCHEDULE |  |
| 5 | 25/12 – 30/12 | NO TRAINING |  |

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| **January 2018** | | | |
| **Week** | **Dates** | **Training** | **Other** |
| 1 | 2/1 – 6/1 | NORMAL SCHEDULE | No Monday morning 1/1 due to holiday |
| 2 | 8/1 – 13/1 | NORMAL SCHEDULE |  |
| 3 | 15/1 – 20/1 | NORMAL SCHEDULE |  |
| 4 | 22/1 – 27/1 | NORMAL SCHEDULE | No Training Australia Day Holiday |

Any questions are to be directed to Head Coach – Brian Glass (0433 427589)

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