

Performance Fitness - 2018/2019 Summer Season

(1 hour and 30 minutes session duration)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UWA - Morning		5:30am		5:30am		7:30am
UWA -Afternoon	5:45pm	5:45pm	5:15pm	5:45pm	5:15pm	

Season includes weekly training sessions between:

- Monday 8th October through to Saturday 15th December 2018 (Term 4 2018 = 10 weeks);
- Monday 4th February through to Saturday 13th April 2019 (Term 1 2019 = 10 weeks).

During January 2019, squad training will be offered Monday through to Friday from Monday 7th January to Friday 1st February 2019. Morning sessions will be held at UWA, with afternoon sessions held at HBF. Session times will be confirmed early December 2018.

Please note UNISWIM does not operate squads on Public Holidays.

No training will be held on Monday 28th January 2019 (Australia Day) and Monday 4th March 2019 (Labour Day).