

## Performance Fitness - 2017-18 Summer Season

(1 hour and 30 minutes session duration)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HBF - Morning</b>		5:30am		5:30am		
<b>HBF - Afternoon</b>	5:00pm		5:00pm		5:00pm	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>UWA - Morning</b>		6:00am				7:30am
<b>UWA -Afternoon</b>	5:30pm	5:30pm	5:30pm	5:30pm	5:15pm	

Season includes weekly training sessions between:

- Monday 9<sup>th</sup> October through to Saturday 14<sup>th</sup> April 2018
- There will be no Squad training from Monday 18<sup>th</sup> December 2017 until the morning of Tuesday 2<sup>nd</sup> January 2018

During January 2018, there will be a change in squad training times. Sessions on offer will be Monday through to Friday from Tuesday 2<sup>nd</sup> to Thursday 25<sup>th</sup> January 2018. Morning sessions will be held at UWA, with afternoon sessions held at HBF. Session times will be confirmed early December 2017.

*Please note UNISWIM does not operate squads on Public Holidays.* No training will be held on Monday 1<sup>st</sup> January 2018 (New Year's Day), Friday 26<sup>th</sup> January 2018 (Australia Day), Friday 30<sup>th</sup> March 2018 (Good Friday) and Monday 2<sup>nd</sup> April 2018 (Easter Monday).