

**Two Week Time Schedule for
Flying Fish & Grunts Two.
Start on September 1st 2007
(tentative – may be amended)**

Amendments made in red 03-09-07

Grunts two: start date Tuesday September 4th.

- a) Swimming Day – Coach Iva
45min swim / 15 min stretching
- b) Dry land Day – Coach Iva
40 min dry land / 20 min games

DAY	MONDAY	TUES	WED	THURS	FRIDAY	SAT
SWIM/DRYLAND	Coach Coleby	Dry land	Swim	Dry land	Swim	Dry land
PLACE	Q.C.(not yet)	B.K.K.	B.K.K.	B.K.K.	B.K.K.	B.K.K.
TIME	TBA(not yet)	4-5pm	4-5 pm	4-5pm	4-5pm	8-9am

For both groups, due to construction ongoing at Q.C. pool, no swimming will take place there for this week. Grunts 2 will be advised by Friday /Saturday if there will be swimming on Monday 10th. All groups will be advised by Tuesday 11th as to the venue of swimming on Wednesday 12th. A new permanent schedule will be distributed by Thursday 13th.

Flying fish: start date Saturday September 1st

- a) Swimming Day – Coach Iva
1 hour swim 15min Stretching
- b) Dry land Day – strength coach /Coach Iva
1 hour dry land / 15 min swim

DAY	MON	TUES	WED	THURS	FRIDAY	SAT
SWIM/DRYLAND	Swim	Dry land	Swim	Dry land	Swim	Dry land
PLACE	B.K.K.	B.K.K.	B.K.K.	B.K.K.	B.K.K.	B.K.K.
TIME	5-6:15pm	4-5:15pm	4-5:15pm	4-5:15pm	4-5pm	8-9am