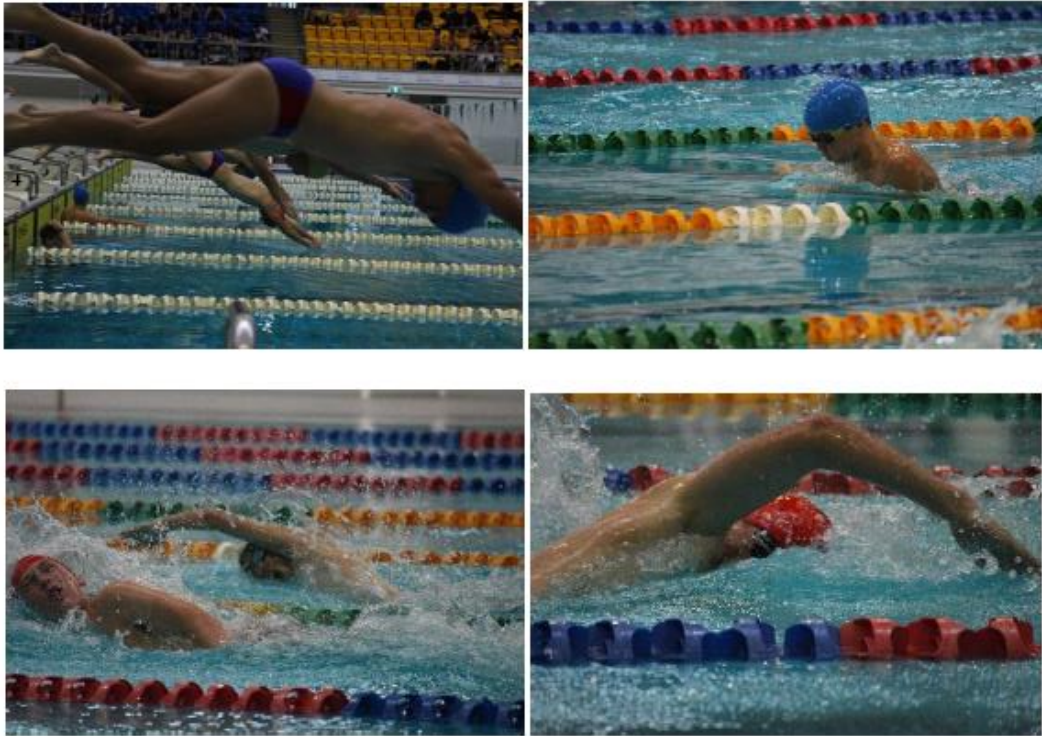




Joeys Full Time Swimming 2016-17



Term 3 (Weeks 5-10) Programme

- **Monday Afternoons** – Land fitness - meet at the Hall steps at 3.50 pm in Joeys sports uniform including sports shoes. Fitness sessions will be slightly different each week.
- **Wednesday Afternoons** – Swimming training at Lane Cove - meet at the Gladesville Road Gates at 2.50 pm sharp! We will swim at Lane Cove between 3.15 and 4.15 pm – the bus will return around 4.45 pm. Wear Joeys sports uniform including sports shoes. **An appropriate cozy, goggles, towel and water bottle are essential.**
- **Saturday Mornings (except for GPS Athletics day)** – Swimming training at Lane Cove. Meet at Mark Street gates at 8 am. Return around 10.30 am. Wear Joeys sports uniform including sports shoes. **An appropriate cozy, goggles, towel and water bottle are essential.**