

## 2010/11 JULY

	5.30AM	11:30AM	4PM	5.10PM
<b>MONDAY</b>	Swim		Gym-Juniors	Ski-Tally Creek
<b>TUESDAY</b>	Swim Track-Pizzey Park (730am sharp)		Board	Gym-Seniors
<b>WEDNESDAY</b>	Swim	Iron	Gym- Juniors	Ski-Tally Creek
<b>THURSDAY</b>	Swim		Board	Run Gym-Seniors
<b>FRIDAY</b>	Swim	Iron		Ski-Club
<b>SATURDAY</b>	Ski 6am Run 8am Beginners Ski 730am			