

February 2012

Wednesday 1st		Thursday 2nd		Friday 3rd		Saturday 4th		Sunday 5th					
BROWNE 5.30am - 7.15am		KIERNAN 5.45 - 7.15				4.00 - 5.00 Lane Swim		DUFFY 16.00 - 18.00					
LINANE - 20.00 19.00		MORRIS 7.15am 5.30am		GORMAN 18.00 - 19.00		O'SULLIVAN 6.30 - 8.45							
ROCHE 17.45 - 19.00						ROHAN 8.45		LYNAGH 19.00 - 20.15					
						CUNNINGHAM Senior Gym 8.45 - 9.30		CORRIGAN 18.00 - 19.00					
						RONAN Piranha Gym 9.30 - 10.15							
Monday 6th		Tuesday 7th		Wednesday 8th		Thursday 9th		Friday 10th		Saturday 11th		Sunday 12th	
GAYER 5.30 - 7.15		Lane Swim		HILL 5.30am - 7.15am		McKENNA 5.45 - 7.15				4.00 - 5.00 Lane Swim		NO TRAINING	
		SALORANTA 5.30am - 7am		TAYLOR 18.00 - 19.00		BARRETT 20.00 19.00		BAUGLEY 5.30am - 7.15am		MURRAY (Clara) 18.00 - 19.00		DEANE 16.00 - 18.00	
						COTTER 17.45 - 19.00						MURRAY (Oisín) 19.00-20.45	
										WILLIAMS 8.45 - 9.45			
										HAYDEN Senior Gym 8.45 - 9.30		MULCAHY 18.00 - 19.00	
										BERKERY Piranha Gym 9.30 - 10.15			
Monday 13th		Tuesday 14th		Wednesday 15th		Thursday 16th		Friday 17th		Saturday 18th		Sunday 19th	
NO TRAINING		Lane Swim		SCANLON 5.30am - 7am		NI MHURCHU 18.00 - 19.00		MULLINS 5.30am - 7.15am		O'CONNOR 5.45 - 7.15		RINGLAND 16.00 - 18.00	
								BUCKLEY 20.00 19.00		CULLEN 5.30am - 7.15am		O'DONNELL 18.00 - 19.00	
										DIGGIN - 8.45 6.30		OFFERGELD 19.00 - 20.15	
										CROZIER - 9.45 8.45			
										O'REILLY Senior Gym 8.45 - 9.30		GODSIL - 19.00 18.00	
										GUY Piranha Gym 9.30 - 10.15			
Monday 20th		Tuesday 21st		Wednesday 22nd		Thursday 23rd		Friday 24th		Saturday 25th		Sunday 26th	
McGRATH - 7.15 5.30		Lane Swim		BROWNE 5.30am - 7.15am		DUDDY 5.45 - 7.15				4.00 - 5.00 Lane Swim		GAYER	
		LINANE - 7am 5.30am		DUNNE 18.00 - 19.00		MORRIS 19.00 - 20.00		O'SULLIVAN 5.30am - 7.15am		PULLEN 18.00 - 19.00		TODOROV 6.30 - 8.45	
						HOGAN 17.45 - 19.00							
										GALLAGHER 8.45 - 9.45		NO TRAINING	
										CUNNINGHAM - Senior Gym 8.45 - 9.30		NO TRAINING	
										RONAN Piranha Gym 9.30 - 10.15		HUGHES - 19.00 18.00	
Monday 27th		Tuesday 28th		Wednesday 29th									
HAYDEN 5.30 - 7.15		Lane Swim		GAYNOR 5.30am - 7am		SMZAGARA 18.00 - 19.00		HILL - 7.15am 5.30am					
										SALORANTA 19.00 - 20.00			
												ISKANDER 17.45 - 19.00	

PLEASE REMEMBER IT IS YOUR RESPONSIBILITY TO ARRANGE A SWAP IF YOU ARE UNABLE TO ATTEND A ROSTERED POOLSIT.

Training Times	
Seniors	
Monday	5.30 - 7.15am
Tuesday	5.30 - 7.00am
Wednesday	5.30 - 7.15am
	17.45 - 20.00
Friday	5.30 - 7.15am
	18.00 - 19.00
Saturday	6.00 - 8.15am
Sunday	16.00 - 18.00

Piranhas	
Tuesday	05.30 - 07.00
Wednesday	17.45 - 20.00
Friday	05.30 - 07.15
Saturday	06.30 - 08.45
Sunday	16.00 - 18.00

Torpedoes	
Tuesday	18.00 - 19.00
Thursday	05.45 - 07.15
Friday	18.00 - 19.00
Saturday	08.15 - 09.45
Sunday	19.00 - 20.15

Dolphins	
Monday	19.00 - 19.50
Tuesday	18.00 - 19.00
Friday	17.00 - 18.00
Saturday	08.45 - 09.45
Sunday	18.00 - 19.00

Minnows	
Wednesday	17.45 - 19.00
Saturday	16.00 - 17.00
Sunday	18.00 - 19.00