

AUGUST Training Schedule 2011

Date	Day	SCAA	WIS	Stroke School
01 Aug	Mon	6:00-8:00pm		<p>The stroke schools will take place at WIS from Monday 15th August to Thursday 18th August. These stroke schools are open to swimmers in Senior, Premier and Elite only. If you are interested in registering for the stroke schools please email bev.wright@harrywright.com.hk.</p> <p>Please note, spaces are limited and on a 'first come-first served' basis.</p>
02 Aug	Tue		11:00-1:00pm	
03 Aug	Wed	5:30-7:30am and 6:00-8:00pm		
04 Aug	Thu		11:00-1:00pm	
05 Aug	Fri	6:00-8:00pm	10:30am-12:30pm	
06 Aug	Sat		7:00-9:00am	
07 Aug	Sun	No Training		
08 Aug	Mon	5:30-7:30am and 6:00-8:00pm	5:30-7:30pm	
09 Aug	Tue		11:00-1:00pm	
10 Aug	Wed	5:30-7:30am and 6:00-8:00pm	5:15-7:15pm	
11 Aug	Thu		11:00-1:00pm	
12 Aug	Fri	6:00-8:00pm	10:30am-12:30pm	
13 Aug	Sat		7:00-9:00am	
14 Aug	Sun	No Training		
15 Aug	Mon	5:30-7:30am and 6:00-8:00pm	5:30-7:30pm	Stroke School 8:00-10:00am
16 Aug	Tue		11am-1pm	Stroke School 8:00-10:00am
17 Aug	Wed	5:30-7:30am and 6:00-8:00pm	5:15-7:15pm	Stroke School 8:00-10:00am
18 Aug	Thu		11am-1pm	Stroke School 8:00-10:00am
19 Aug	Fri	6:00-8:00pm	10:30am-12:30pm	
20 Aug	Sat		Elite / Premier 7:00-9:00am	
21 Aug	Sun	No Training		
NEW Training Schedule Starts				
		SCAA	WIS	CDNIS
22 Aug	Mon	Elite / Premier 5:15-6:50am SCAA Junior/Senior/Elite 6:00-8:00pm	WIS Junior/Senior/Premier 7:00-8:30pm	Junior 5:15-6:15
23 Aug	Tue		WIS Junior/Senior/Premier 6:00-8:00pm	
24 Aug	Wed	Elite / Premier 5:15-6:50am SCAA Junior/Senior/Elite 6:00-8:00pm	WIS Junior/Senior/Premier 6:45-8:30pm	Junior 5:15-6:15
25 Aug	Thu		Elite/Premier 6:45-8:30pm	
26 Aug	Fri	SCAA Junior/Senior 6:00-8:00pm	WIS Junior/Senior/Premier 6:30-8:30pm	Junior 5:15-6:15 Elite 6:15-8:15 (no dryland)
27 Aug	Sat		Elite / Premier 7:00-9:00am	
28 Aug	Sun	All Squads 5:00-7:00pm		
29 Aug	Mon	Elite / Premier 5:15-6:50am SCAA Junior/Senior/Elite 6:00-8:00pm	WIS Junior/Senior/Premier 7:00-8:30pm	Junior 5:15-6:15
30 Aug	Tue		WIS Junior/Senior/Premier 6:00-8:00pm	
31 Aug	Wed	SCAA Junior/Senior/Elite 6:00-8:00pm	WIS Junior/Senior/Premier 6:45-8:30pm	Junior 5:15-6:15

Please note the August training schedule will be posted on the website (<http://www.harrywright.com.hk/CSP.asp>), for your reference. Dry land training will resume on Sundays from 28 August 4:15-5:00pm for Elite and Premier swimmers only.

Please note:

1. Pre-squad (SCAA) – your sessions continue on Mon / Wed / Fri at 6pm at SCAA until the end of August.
2. Early morning sessions are only open to swimmers in Elite & Premier squads who are 11yrs & Over AND who also attend the evening session on that day.