

All session times are subject to change

What's on in December 2018



Monday	Tuesday	Wednesday	Thursday	Friday	☺ bondi Saturday	Sunday
					1	2
					Bondi swim meet bondi surf club 8.00am 60-90 min swim	Bondi to Bronte 2.3km swim <i>our Tent will be on the grass at Bronte</i>
					9.15am Kickstarter swim 30 mins swim	
3	4	5	6	7	8	9
6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	6.00AM Cloey run+swim in shoes Meet near Surf Club		6.00AM Bondi swim ocean swim meet bondi surf club		Bondi swim meet bondi surf club 8.00am 60-90 min swim	<<<== Saturday 8th Dec Coogee to Bondi 5km swim
	7.15pm Pool swim +Plus Cook & Phillip			6.00PM Bondi swim meet bondi surf club	9.15am Kickstarter swim 30 mins swim	
10	11	12	13	14	15	16
6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	6.00AM Cloey run+swim in shoes Meet near Surf Club		6.00AM Bondi swim ocean swim meet bondi surf club		Bondi swim meet bondi surf club 8.00am 60-90 min swim	
	7.15pm Pool swim +Plus Cook & Phillip			6.00PM Bondi swim meet bondi surf club		
17	18	19	20	21	22	23
6.15AM Pool Swim endurance + pacing Prince Alfred Park Pool	6.00AM Cloey run+swim in shoes Meet near Surf Club		6.00AM Bondi swim ocean swim meet bondi surf club		Bondi swim meet bondi surf club 8.00am 60-90 min swim	
	7.15pm Pool swim +Plus Cook & Phillip			6.00PM Bondi swim meet bondi surf club		
24	25	26	27	28	29	30

Summer STAYCATION Swim details will be published by early December - stay tuned !!!

All session times are subject to change