



2012 Squad Information -January

Squads in January 2012

Bronze Squads:

(Week 1)

Monday the 9th, Wednesday the 11th and Friday the 13th of January 2012,
From 9am – 10am

(Week 2)

Monday the 16th, Wednesday the 18th and Friday the 20th of January 2012,
From 9am – 10am

(Week 3)

Monday the 23rd, Wednesday the 25th and Friday the 27th of January 2012,
From 9am – 10am

Silver and Gold:

(Week 1)

Monday the 9th, Wednesday the 11th and Friday the 13th of January 2012,
From 10am – 12pm

Tuesday the 10th, Thursday the 12th and Saturday the 14th of January 2012,
From 6.00am – 7.30am

(Week 2)

Monday the 16th, Wednesday the 18th and Friday the 20th of January 2012,
From 10am – 12pm

Tuesday the 17th, Thursday the 19th and Saturday the 21st of January 2012,
From 6.00am – 7.30am

(Week 3)

Monday the 23rd, Wednesday the 25th and Friday the 27th of January 2012,
From 10am – 12pm

Tuesday the 24th, Thursday the 26th and Saturday the 28st of January 2012,
From 6.00am – 7.30am

Kind regards,

Hamid Mobarrez
YMCA Sydney Head Swimming Coach