



# **ACC SWIMMING** **SQUAD 2020**



**TRAINING IS MONDAY, WEDNESDAY & FRIDAY MORNINGS**  
**Either 6.00am or 6.30am – 7.45am FROM WEEK 4 ONWARDS**  
***(FREE BUS BACK TO SCHOOL & COMMENCE LESSONS PERIOD 1)***

**THE SPECIFIC TRAINING SESSION PLAN IS ON THE SCHOOL  
NOTICEBOARDS AND IN THE SWIMMING BOOKLET**

**ACC 'B' DIVISION CARNIVAL**  
**THURSDAY 26<sup>th</sup> MARCH**