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|--|--|---|---|---|---|---|
| AM   |  |   |   |   |   |   |
| <br><b>6.30am</b><br>Sorrento Surf Club<br><b>Long Run</b><br>FREE |  | <br><b>5.20 - 7.00am</b><br>Sorrento Surf Club<br><b>*Brick Session</b><br>FREE<br><br><br><b>5.45 - 7.00am</b><br>Celebrations<br>Whitfords City<br><b>Cycle</b><br>FREE<br><br>*Brick will be either<br>at Sorrento Surf Club<br>or Craigie Leisure<br>Centre Carpark.<br>Check FaceBook. |   | <br><b>5.45 - 7.00am</b><br>Celebrations<br>Whitfords City<br><b>Cycle</b><br>FREE                         | <br><b>5.55 - 7.00am</b><br>Sorrento Surf Club<br><b>Open Water Swim</b><br>FREE | <br><b>6.00 - 9.00am</b><br>*Sorrento Surf Club<br><b>Long Cycle</b><br>FREE<br><br><br><b>6.30 - 9.00am</b><br>Sorrento Surf Club<br><b>Novice/Junior Cycle</b><br>FREE<br><br>*Check Calendar on<br>Website or FaceBook<br>for meeting place. |
| PM   |  |   |   |   |   |   |
|  | <br><b>6.30 - 7.30pm</b><br>Joondalup Arena 25m<br><b>Junior Swim Squad</b><br>\$10 (not inc pool entry)<br><br><br><b>7.00 - 8.00pm</b><br>Craigie 50m Pool<br><b>Swim Squad</b><br>\$10 (not inc pool entry) | <br><b>6.00 - 7.00pm</b><br>Flinders Park<br>137 Broadbeach Ave<br>Hillarys<br><b>Tempo Set</b><br>\$5  | <br><b>6.30 - 7.30pm</b><br>Craigie Pool 50m Pool<br><b>Swim Squad</b><br>\$10 (not inc pool entry) | <br><b>6.00 - 7.00pm</b><br>Flinders Park<br>137 Broadbeach Ave<br>Hillarys<br><b>Interval Set</b><br>\$5 |   |   |