












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