



COME ON **POWERPOINTERS** TRAIN WITH US!

Let someone else plan your set.

Interact with fellow swimmers whilst training hard & fast.

And you now have even more choices!!!!

Weekday mornings

NEW Powerpoints club sessions at MSAC

Mon & Weds	6am - 7:30am	Outdoor 50m Pool	Arun
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H2O sessions at Lauriston

Mon, Weds, Fri	6am - 7:30am	Indoor 25m Pool	Grant
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Tues	5:30am - 7am	Indoor 25m Pool	Grant
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Weekday evenings

Powerpoints club sessions at MSAC

Mon	6:30pm - 8pm	Outdoor 50m Pool	Arun
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Thurs	6:30pm - 8pm	Indoor 50m Pool	Karen
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Saturday mornings

<u>Powerpoints</u>	9am - 10:30am	MSAC Outdoor Pool	Arun
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<u>H2O</u>	8:30 - 10am	Prahran Outdoor Pool	Grant
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Breakfast at 11am somewhere in Albert Park- usually Kerferd Rd cafe

BASIC COSTS

Powerpoints club sessions at MSAC are \$5 plus entry [20 visit card \$73 with AUSSI card]

H2O sessions cost \$110 for a 10 session swim pass, or \$15 casually

See the website for up-to-date training times www.powerpoints.org.au