



CRUIZ'N CAPERS

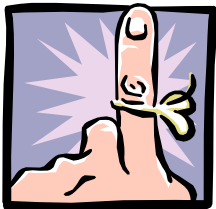
Bulletin

The official newsletter of CRUIZ Swim Club

12th Edition 2009 9 April

NOTE: UPDATE OF CHANGES TO HOLIDAY TRAINING TIMES for APRIL

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11 8.30 to 10am	12
13 No training	14	15	16	17 No training	18 No training	19
20 No training	21 No training	22 No training	23 No training	24 No training	25 No training	26
27 No training	28	29				



DON'T FORGET TO RETURN LAST YEAR'S TROPHIES

NEXT SWIM MEET

Sunday 10 May 2009

Winter Development

Series Meet #1 See

Swimming ACT website for details and submit your entry to Kate with PBs and preferred events. New swimmers are encouraged to participate.



CRUIZ PRESENTATION NIGHT...

If you are attending, the presentation night could you please fill out this RSVP slip and put it in an envelope with your payment for the evening and return it to Ingrid or Kate ASAP.

NAME OF PEOPLE ATTENDING.....

PAYMENT ENCLOSED (If paying by cheque please make the cheque payable to: CRUIZ Swim Club, \$10.00 per person, \$5.00 for children under the age of 5 years.

CONTACT PERSON.....

TELEPHONE No.....

