

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWIM					6.30am Tri Club group meets at the Tree in front of the Manly Life Saving Club for the Bold & Beautiful swim		DAYLIGHT SAVING ONLY 4:00PM All abilities Freshwater swim Distance varies Meet at Manly Dam, just past entrance on right hand side
BIKE		5.30am Dep. from United Service Station at Dee Why – Church Point & Return		5.30am Dep. from United Service Station at Dee Why – Church Point & Return ----- 5.30am dep. Beginner ride 99 bikes/ Brookvale - Church Point			
RUN							
AQUATHLON					DAYLIGHT SAVING ONLY 6:30 PM All abilities 750m swim + 5km run Meet boat ramp at Shelly Beach		