



Christmas Training Schedule 2019

Last full training session will be Friday 20th December – after this date the following training schedule will apply for the Christmas period

Saturday 21st December

8am – 9 am Masters only

Sunday 22nd December

No Training

Monday 23rd December

5.30pm – 6.30pm – Rookies, Bronze, Silver Squads, Gold Squads, Platinum

6.30pm – 7.30pm – Performance Juniors, Competition, County Youth & Age Group, All Regional Squads

Tuesday 24th December

8am – 9am Master Only

10am – 11am – Platinum, Performance Juniors, Competition Squad, County Youth & Age Group, All Regional squads

Friday 27th December

6pm – 7pm – Regional Squads, County Youth & Age Group

Saturday 28th December

8am – 9am – Master Only

Sunday 29th December

No Training

Monday 30th December

3.30pm – 4.30pm - Rookies, Bronze, Silver Squads, Gold Squads, Platinum

4.30pm – 5.30pm – Performance Juniors, Competition, County Youth & Age Group, All Regional Squads

Tuesday 31st December

8am - 9am Master Only

10am – 11am – Platinum, Performance Juniors, Competition Squad, County Youth & Age Group, All Regional Squads

Fitness and Senior A & B Swimmers please speak with Erica regarding Training

Full training programme will resume on Thursday 2nd January 2019