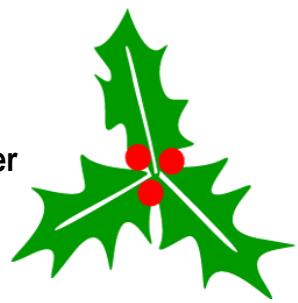


Christmas Training Times 2018



Please check the **changes to training** days and times for each squad over the Christmas period which may be subject to change so please check the Club website regularly.

<u>Date</u>	<u>Pool/time</u>	<u>Squads</u>
Wednesday 19 th December	Abbs Cross(AM5.30-7.30) Abbs Cross(PM5.30-7.00) Abbs Cross(PM7.00-8.30)	A Squad – As Normal C Squad – As Normal A Squad – No Training
Thursday 20 th December	Abbs Cross(AM5.30-7.30) Abbs Cross(PM6.00-8.00)	C& B Squads – As Normal A Squad – As Normal
Friday 21 st December	Abbs Cross(AM5.30-7.30) Abbs Cross(PM4.00-5.15) Abbs Cross(PM5.15-6.30) Abbs Cross(PM5.15-6.30)	A Squad – As Normal D Squad C Squad B Squad
Saturday 22 nd December	Abbs Cross(AM6:00-8:00) Abbs Cross(AM8:00-9.15) Abbs Cross(AM9:15-10:30)	A & B Squad C Squad D Squad
Sunday 23 rd December	Central Park(PM4:00-5:30) Central Park(PM4:00-5:45) Central Park(PM5:45-7:30)	D Squad - As Normal C Squad - As Normal B Squad - As Normal
Monday 24 th to Thursday 27 th December 2018		NO TRAINING
Friday 28 th December 2018	Abbs Cross(AM7:00-10:00) Abbs Cross(PM6:00-7:15) Abbs Cross(PM7:15-8:30) Sapphire (PM6.00-8.00)	A Squad D Squad – No Training C Squad – No Training B Squad
Saturday 29 th December	Sapphire (AM8:00-9:30) Abbs Cross(AM8:00-10:00)	A & B Squads C & D Squads
Sunday 30 th December	Central Park(PM4:00-7.45) – NO TRAINING FOR D, C & B Squads	
Monday 31 st December	Abbs Cross(AM8:00-10:00)	A&B Squads
Tuesday 1 st January 2019	NO TRAINING	

All squad sessions return to normal from the **evening** of Wednesday 2nd January 2019 onwards.

I would like to wish everybody a Happy Christmas and a really great New Year.

GARY