



CHRISTMAS TRAINING HOURS

MONDAY 19th DECEMBER – FRIDAY 23rd DECEMBER = TRAINING AS NORMAL (INCLUDING AM)
A Christmas Challenge will take place on Friday 23rd December where prizes will be up for grabs – all swimmers in Squads CS2 and above should get themselves on poolside for 7.15pm ready to take part!! JD – your challenge will take place during your session from 6.30-7.30pm.

SATURDAY 24th DECEMBER = NO TRAINING

SUNDAY 25th DECEMBER = NO TRAINING

MONDAY 26th DECEMBER = NO TRAINING

WEDNESDAY 28th DECEMBER = 8-10am ALL SQUADS

THURSDAY 29th DECEMBER = 8-10am ALL SQUADS

FRIDAY 30th DECEMBER = 8-10am ALL SQUADS

SATURDAY 31st DECEMBER = NO TRAINING

SUNDAY 1st JANUARY = NO TRAINING

MONDAY 2nd JANUARY = NO TRAINING

WEDNESDAY 4th JANUARY = ALL TRAINING RETURNS TO NORMAL (INCLUDING AM)



***SATELLITES COACHES
WOULD LIKE TO WISH
EVERYONE A GREAT
CHRISTMAS AND A
FAST SWIMMING
NEW YEAR!!***

