

Christmas Training Sessions 2018 - for Seniors and Cumbria Age Group entrants only

LANE	SUNDAY 23rd December		MONDAY 24th December		TUESDAY Xmas Day	WEDS Boxing Day	THURSDAY 27th December		FRIDAY 28th December		SATURDAY 29th December		SUNDAY 30th December		MONDAY 31st December	TUESDAY 1st January
	11am - 12	12-1pm	11am - 12	12-1pm			11am - 12	12-1pm	11am - 12	12-1pm	11am - 12	12-1pm	11am - 12	12-1pm	11am - 12	12-1pm
1	Seniors		Seniors				Seniors		Seniors		Seniors		Seniors		Seniors	
2	Seniors		Seniors				Seniors		Seniors		Seniors		Seniors		Seniors	
3	Seniors		Seniors				Seniors		Seniors		Seniors		Development		Seniors	
4	Sea*	Developm't	Development				River*	Developm't	Sea*	Developm't	Development		River*	Sea*	Development	
*PLEASE NOTE THAT SEA AND RIVER OTTERS SESSIONS ARE FOR SWIMMERS BY INVITATION ONLY																

Swims back to normal Wednesday 2nd January

Thanks to coaches and poolside helpers for covering sessions over the holidays