

# Summer Training Calendar 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26 <sup>th</sup> June Training as usual.	27 <sup>th</sup> June Training as usual.	28 <sup>th</sup> June Performance Squad only <b>5.30-6.30pm.</b>	29 <sup>th</sup> June Training as usual.	30 <sup>th</sup> June Training as usual.	1 <sup>st</sup> July Training as usual.	2 <sup>nd</sup> July 9.00-11.00am whole pool for all squads.
3 <sup>rd</sup> July 5.30-7.30pm whole pool. All Squads welcome.	4 <sup>th</sup> July 5.30-6.30pm for Intermediate Squad (3 lanes).	5 <sup>th</sup> July Off	6 <sup>th</sup> July Off	7 <sup>th</sup> July Off	8 <sup>th</sup> July Off	9 <sup>th</sup> July 9.00-11.00am whole pool for all squads.
10 <sup>th</sup> July Off	11 <sup>th</sup> July 5.30-6.30pm for Intermediate Squad (3 lanes).	12 <sup>th</sup> July Off	13 <sup>th</sup> July <b>6.30-8.30am 2 lanes for Performance Squad.</b> 5.30-7.30pm training as usual.	14 <sup>th</sup> July Training as usual.	15 <sup>th</sup> July Off	16 <sup>th</sup> July Off
17 <sup>th</sup> July 5.30-7.30pm whole pool. All squads welcome.	18 <sup>th</sup> July <b>6.30-8.30am 2 lanes for Performance Squad.</b> 5.30-7.30pm for Performance Squad (3 lanes).	19 <sup>th</sup> July 5.30-7.30pm for Performance Squad (3 lanes).	20 <sup>th</sup> July <b>6.30-8.30am 2 lanes for Performance Squad.</b> 5.30-7.30pm training as usual.	21 <sup>st</sup> July Training as usual.	22 <sup>nd</sup> July Off	23 <sup>rd</sup> July 9.00-11.00am training as usual.
24 <sup>th</sup> July. 5.30-7.30pm whole pool. All squads welcome.	25 <sup>th</sup> July <b>6.30-8.30am 2 lanes for Performance Squad.</b> 5.30-7.30pm for Performance Squad (3 lanes).	26 <sup>th</sup> July 5.30-7.30pm for Performance Squad (3 lanes).	27 <sup>th</sup> July 5.30-7.30pm for Performance Squad (3 lanes).	28 <sup>th</sup> July Off	29 <sup>th</sup> July Off	30 <sup>th</sup> July Off

**Training will resume for Intermediate and Development Squads on Monday 7<sup>th</sup> August: Stroke Camps have been organised for this week. More details to follow.**

**Training will resume for Performance Squad on Monday 14<sup>th</sup> August.**