

# 2018 Christmas Training

17th - 22nd December Inclusive

	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22
<b>NY</b>	5:30-7:30		5:30-7:30		5:30-7:00	6:30-8:30
	16:30-18:30	17:00-19:00	17:30-19:30	NT	17:00-19:00	
<b>NA</b>	5:30-7:30		5:30-7:30		5:30-7:00	6:30-8:00
	16:30-18:00	17:00-19:00*	17:30-19:30	NT	17:00-18:30	
<b>M</b>	5:30-7:00	19:00-20:00	5:30-7:00	NT		6:30-8:30
<b>RY</b>	5:30-7:00		5:30-7:00		5:30-7:00	8:30-10:00
	No PM	NT	17:00-18:00	NT	18:30-19:30	
<b>RA</b>	16:30-18:00	19:00-20:00	5:30-7:00	NT	17:00-18:00	8:30-10:00
<b>CY</b>	5:30-7:00	19:00-20:00	5:30-7:00	NT	16:00-17:00	10:00-11:00
<b>CA</b>	NT	NT	16:00-17:00	NT	16:00-17:00	10:00-11:00
<b>JD1&amp;2</b>	18:00-19:30	17:00-18:00	5:30-7:00 JD1	NT	15:00-16:00	07:00-8:30
<b>JD 3</b>	18:30-19:30	NT	NT	NT	14:00-15:00	NT
<b>JD 4</b>	NT	16:00-17:00	NT	NT	14:00-15:00	NT
<b>AA</b>		16:00-17:00			Switch to Saturday	8:30-9:30

Sportspark   Hewett   Riverside

Please note:

Sat 15th Dec - No Sportspark training - Great Yarmouth Meet

Wed 19th Dec - Christmas Breakfast Sportspark after AM training

Thur 20th Dec - No training Sportspark closed

NY & NA swimmers to try to make up a session for Thur 20th Dec

## 2018 Christmas Training

24th - 29th December Inclusive

	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28	Sat 29
<b>NY</b>	8:30-10:30	NT	NT	8:30-10:30	8:30-10:30	8:30-10:30
<b>NA</b>	8:30-9:30-10:30*	NT	NT	NT	8:30-9:30-10:30*	8:30-9:30-10:30*
<b>M</b>	10:30-11:30	NT	NT	10:30-11:30	NT	10:30-11:30
<b>RY</b>	10:30-11:30	NT	NT	10:30-11:30	NT	10:30-11:30
<b>RA</b>	11:30-12:30	NT	NT	11:30-12:30	NT	11:30-12:30
<b>CY</b>	NT	NT	NT	NT	10:30-11:30	NT
<b>CA</b>	NT	NT	NT	NT	10:30-11:30	NT
<b>JD1&amp;2</b>	NT	NT	NT	NT	11:30-12:30	NT
<b>JD 3&amp;4</b>	NT	NT	NT	NT	NT	NT
<b>AA</b>	NT	NT	NT	NT	NT	NT

JD3,4 & AA - No training Monday 24th Dec - Wednesday 2nd January inclusive

No land training during this timetable

\*NA = tba

Please note:

Saturday 26th Jan - Counties no Sportspark training

Saturday 2nd Feb - Counties no Sportspark training

## 2018 Christmas Training

31st Dec - 5th Jan Inclusive

	Mon 31	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5
<b>NY</b>	8:30-10:30		5:30-7:30		5:30-7:00	6:30-8:30
		NT	17:30-19:30	17:00-19:00	17:00-19:00	
<b>NA</b>	8:30-9:30-10:30		5:30-7:00		5:30-7:00	6:30-8:00
		NT	17:30-19:30	17:00-18:30	17:00-18:30	
<b>M</b>	NT	NT	5:30-7:00	20:30-21:30		6:30-8:30
<b>RY</b>	NT		5:30-7:00			8:30-10:00
		NT	No PM	20:15-21:30	18:30-19:30	
<b>RA</b>	NT	NT	7:00-9:00	19:00-20:15	17:00-18:00	8:30-10:00
<b>CY</b>	10:30-11:30	NT	NT	20:30-21:30	NT	10:00-11:00
<b>CA</b>	10:30-11:30	NT	7:00-9:00	NT	17:00-18:00	10:00-11:00
<b>JD1&amp;2</b>	11:30-12:30	NT	5:30-7:00 JD1	19:30-20:30 tba	NT	07:00-8:30
<b>JD 3</b>	NT	NT	NT	18:30-19:30	16:00-17:00	NT
<b>JD 4</b>	NT	NT	NT	NT	16:00-17:00	NT
<b>AA</b>	NT	Switch to Saturday	NT	NT	Switch to Saturday	8:30-9:30

Land training resumes Thur 3rd Jan

Please note:

Saturday 26th Jan - Counties no Sportspark training

Saturday 2nd Feb - Counties no Sportspark training