



Christmas 2018

NEW HALL	AM	PM
Wednesday 19th December	5.40 – 7.00 am City, Sharks & Dolphins	17.30 – 18.30 Seals & Dolphins 18.30 – 20.30 City & Sharks 20.30 – 21.30 Masters
Friday 21st December	5.25 – 7.00 am City & Sharks	17.30 – 18.30 Seals & Dolphins 18.30 – 20.30 City & Sharks 20.30 – 21.30 Masters
Sunday 23rd December	7.45 – 10 am City & Sharks 10 – 11 am Academy & Intro 10 – 11.30 am Seals & Dolphins 3	16.00 – 17.00 Masters 17.00 – 18.30 City/Dolphins 1 & 2
Monday 24th December	5.25 – 7.15 am City, Sharks & Dolphins	No Swim or Beaulieu Land Training
Thursday 27th December	No Swim	17.30 – 18.30 Seals, Dolphins & Academy 18.30 – 20.30 City & Sharks 20.30 – 21.30 Masters
Friday 28th December	No Swim	17.30 – 18.30 Seals & Dolphins 18.30 – 20.30 City & Sharks 20.30 – 21.30 Masters
Sunday 30th December	7.45 – 10 am City & Sharks 10 – 11 am Academy & Intro 10 – 11.30 am Seals & Dolphins 11.30 am – 12.30 pm Masters	No Swim
Monday 31st December	City & Sharks – <i>bring breakfast</i> 6 – 7.15 am Pool 8 – 9 am Sports Hall	No Swim or Beaulieu Land Training
Wednesday 2nd January	No Swim	17.30 – 18.30 Seals & Dolphins 18.30 – 20.30 City & Sharks 20.30 – 21.30 Masters
Thursday 3rd January	No Swim	17.30 – 18.30 Seals, Dolphins & Academy 18.30 – 20.30 City & Sharks 20.30 – 21.30 Masters
Friday 4th January	No Swim	17.30 – 18.30 Seals & Dolphins 18.30 – 20.30 City & Sharks 20.30 – 21.30 Masters
Sunday 6th January	Normal schedule resumes	Normal schedule resumes – except Monday 7 th PM.
Monday 7th January	Normal schedule	18.00 – 19.30 Seals & Dolphins 18.15 -19.10 Beaulieu LT - invitees only 19.15 – 21.00 City & Sharks 21.00 – 22.00 Masters

BASILDON LONG COURSE – Sunday 23rd December Essex Qualifiers

City & Sharks 18.30 – 20.00 / Dolphins/Seals 18.30 – 19.30 /Masters 19.30 – 20.30

MOULSHAM TRAINING - Closed Tuesday 25th December / 1st January

RIVERSIDE TRAINING - Normal Training @ Riverside resumes Tuesday 8th January 2019

Tuesday 25th December – No Dolphins, Seals, Academy/Academy Intro

Thursday 27th December – No Seals / Academy - See above for New Hall Training

Tuesday 1st January – No Dolphins, Seals, Academy/Academy Intro

Thursday 3rd January - No Seals / Academy - See above for New Hall Training