



Training over Schools Spring Holiday 2019

	First Holiday Week (1 Apr - 7 Apr)	Second Holiday Week (8 Apr - 14 Apr)	Third Holiday Week (15 Apr - 21 Apr)
<i>Monday</i>	Later session 8.30-9.30am	As usual (7.15am start!)	As usual
<i>Tuesday</i>			
<i>Wednesday</i>			
<i>Thursday</i>			
<i>Friday</i>	As usual	Swimming as usual <i>but NO land training</i>	No Training (Good Friday)
<i>Saturday</i>			
<i>Sunday</i>			

Notes: All swimmers may attend ANY session.