



Training over the Festive Period 2017/18

	Week before last week of term (11 Dec - 17 Dec)	Week up to Christmas Eve (18 Dec - 24 Dec)	Week up to Hogmanay (25 Dec - 31 Dec)	First Week of the Year (1 Jan - 7 Jan)
<i>Monday</i>	As usual	As usual	Xmas Day No Training	New Year's Day No Training
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>	As usual	As usual	3.00 - 4.00pm Forres Pool	As usual
<i>Saturday</i>	 Usual swimming session <i>followed at 8.30am at Dunbar's by</i> OUR ANNUAL FAMILY GAMES <i>festive mulled drink & mince pies</i> All family/supporters welcome!	No Training	 BAG PACK AT TESCO'S <i>Every little helps!</i>	No Training
<i>Sunday</i>				

Notes: All swimmers may attend any session. On Saturday, 16th December we are holding our **Family Games**: a fun family competition followed by alcohol free mulled drink and mince pies. And on 30th Dec there's no training as it's our **bag-pack** - all hands to the check-outs! More details of both will be emailed out to you.