



Training over the Festive Period 2018/19

	Last week of term (17 Dec - 23 Dec)	Week up to Christmas Eve (24 Dec - 30 Dec)	Week from Hogmanay (31 Dec - 6 Jan)
Monday	Today's session takes place as usual	9.00 - 10.00am! Forres Pool	No Training
Tuesday		★ Xmas Day 🎄	New Year's Day
Wednesday		Boxing Day	
Thursday			
Friday	Today's session takes place as usual	Swim Session 3.00 - 4.00pm <i>followed by</i> OUR ANNUAL FAMILY GAMES CHALLENGE with festive mulled drink & mince pies ALL family/supporters welcome! (see below...)	Today's session takes place as usual BUT heads up for next week (11th Jan)... YES - THE RETURN OF OUR WONDERFUL LAND SESSION!! 3.50 - 4.50pm Girls' Gym
Saturday		BAG PACK AT TESCO'S <i>Every little helps!</i>	
Sunday			

Notes: After an earlier than usual swimming session on **Friday, 28th December** in which *any* parent /supporter will be welcome to swim with us (chance to get an insight into what we do?), we are holding our **Annual Family Games** at **Corefitness Studios** (13 Greshop Road, Greshop Industrial Estate): a fun-packed family competition that demands both brawn and brains, followed by ~~complete exhaustion~~ alcohol free mulled drink and mince pies. Don't worry - apart from picking up the crumbs, it will be all over by 6.30pm. Is your family capable of taking this year's title? Really?? Then be there!

The very next day, **Saturday, 29th December** it's our **bag-pack**: smiles all round as we give a helping hand at those check-outs and raise a few funds for the club .If you haven't done so already, contact Val who is co-ordinating things secretary@freestylesc.org.uk .