

Easter Training Times 2019



With the exception of the sessions listed below, ALL OTHER TRAINING TIMES ARE UNCHANGED (at this time). However, please check the Club website regularly as times and venues may still be subject to change dependant on coaching cover.

<u>Date</u>	<u>Pool/Time</u>	<u>Squads</u>
Saturday 13 th April 2019	Abbs Cross (AM6:00-7:30)	A/B Squads - No Training
Sunday 14 th April 2019	Abbs Cross (PM6:00-7:30) (Regional Training at Basildon 4:30-6:30)	B Squad – No Training
Monday 15 th April 2019	Abbs Cross (AM5:30-7:30)	A&B Squads
Wednesday 17 th April 2019	Abbs Cross (AM5:30-7:30)	A Squad – No Training
Thursday 18 th April 2019	Becontree (AM5:30-7:30)	B Squad
Easter Weekend		
Friday 19 th April 2019	NO PM TRAINING	B & C SQUADS
Saturday 20 th April 2019	Abbs Cross (AM9:00-10:30)	D Squad
Sunday 21 st April 2019	NO TRAINING	ALL SQUADS
Monday 22 nd April 2019	Abbs Cross (AM8:00-10:00)	A&B Squads
	NO PM TRAINING	A, B & C SQUADS
Thursday 25 th April 2019	Becontree (AM5:30-7:30)	B Squad
RTSC Non-Regional Qualifiers Meet		
Saturday 27 th April 2019	NO TRAINING	ALL SQUADS
Sunday 28 th April 2019	Abbs Cross (PM4:00-6:00)	A Squad
	NO PM TRAINING	B, C & D SQUADS

All squad sessions return to normal from Monday 29th April 2019 onwards.

Gary