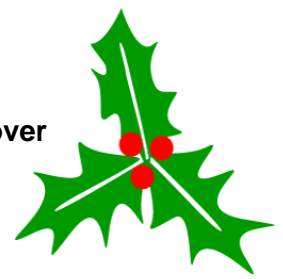


# Christmas Training Times 2020



Please check the **changes to training** days and times for each squad over the **Christmas period** which may be subject to change so please check the Club website regularly.

Date	Pool/time	Squads
<b><u>DECEMBER 2020</u></b>		
Monday 21 <sup>st</sup>	Abbs Cross(AM5:30-7:30) Becontree(PM5:30-7:30)	A & B Squads A Squad+
Tuesday 22 <sup>nd</sup>	Becontree(AM5:30-7:30) Abbs Cross(PM 5:00-6:00) Abbs Cross(PM 6:00-7:00) Abbs Cross(PM 7:00-8:30)	A Squad C & D Squad A Squad* B Squad*
Wednesday 23 <sup>rd</sup>	<b>Abbs Cross(AM5:30-7:30)</b> Abbs Cross(PM 4:30-6:00) Abbs Cross(PM 6:00-8:00)	<b>A &amp; B Squads</b> C & D Squad A Squad
Thur 24 <sup>th</sup> to Sun 27 <sup>th</sup>	<b>NO TRAINING</b>	<b>ALL SQUADS</b>
Monday 28 <sup>th</sup>	<b>Abbs Cross (AM8:00-10:00)</b> <b>No PM TRAINING</b>	<b>A &amp; B Squads</b> <b>ALL SQUADS</b>
Tuesday 29 <sup>th</sup>	<b>Becontree(AM9:00-11:00)</b> <b>Abbs Cross(PM 12:30-2:00)</b> <b>No PM Training</b>	<b>A Squad</b> <b>C &amp; D Squads</b> <b>A &amp; B Squads</b>
Wednesday 30 <sup>th</sup>	<b>Abbs Cross(AM8:00-10:00)</b> <b>Abbs Cross(PM 12:30-2:00)</b> <b>No PM Training</b>	<b>A &amp; B Squads</b> <b>C &amp; D Squads</b> <b>A &amp; B Squads</b>
Thursday 31 <sup>st</sup>	<b>Becontree (AM 9:00-11:00)</b> <b>No PM TRAINING</b>	<b>B Squad</b> <b>ALL SQUADS</b>
<b><u>JANUARY 2021</u></b>		
Friday 1 <sup>st</sup>	<b>NO TRAINING</b>	<b>ALL SQUADS</b>
Saturday 2 <sup>nd</sup>	<b>NO TRAINING</b>	<b>ALL SQUADS</b>

All squad sessions return to normal from the **evening** of Sunday 3<sup>rd</sup> January 2021 onwards.

\*Please note that land training is on as normal at Abbs Cross from 5pm (A squad) and 6pm (B squad)

I would like to wish everybody a Happy Christmas and a really great New Year.

GARY