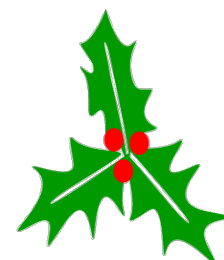


Christmas Training Times 2022

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 squad WhatsApp Chat regularly.



<u>Date</u>	<u>Pool/Time</u>	<u>Squads</u>
<u>December</u>		
Monday 19 th	Abbs Cross(AM5:30-7:30)	A & B squads as normal
	Becontree(PM5:30-7:30)	A + As normal
Tuesday 20 th	Abbs Cross(PM5:00-6:00)	C & D As Normal
	Abbs Cross(PM6:00-7:00) + Gym	A as Normal
	Abbs Cross(PM7:00-8:30)	B squad
Wednesday 21 st	Abbs Cross(AM5:30-7:30)	A/B As Normal
	Abbs Cross(PM5:00-8:30)	All – As Normal
Thursday 22 nd	Central Park(AM5:30-7:00)	A & B – As Normal
	Abbs Cross(PM4:30-6:30)	B Squad
	Abbs Cross(PM6:30-8:30)	A Squad
Friday 23 rd - Tuesday 27 th	No Training for ALL squads	
Wednesday 28 th	Abbs Cross(AM7:00-9:00)	A & B squads
	Abbs Cross(AM9:00-10:30)	C & D squads
Thursday 29 th	Abbs Cross(AM7:00-9:00)	A & B squads
	Abbs Cross(AM9:00-10:30)	C & D squads
Friday 30 th	Abbs Cross(AM7:00-10:00)	A squad
Saturday 31 st	Abbs Cross(AM7:00-9:00)	A & B squads
	Abbs Cross(AM9:00-10:30)	C & D squads
<u>January</u>		
Sunday 1 st	No Training for ALL squads	
Monday 2 nd	Abbs Cross(AM8:00-10:00)	A & B squads

All squad sessions return to normal from the **evening** of Tuesday 3rd January 2023 onwards.

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