

New training timetable – A Squad

The new squad timetable for A squad comes into effect on Friday 1st December 2023. The new A squad timetable is as follows:

<u>Day of the week</u>	<u>Location</u>	<u>Time</u>
Monday	Abbs Cross	5.30 – 7.30AM
	Becontree	5.30 – 7.30PM
Tuesday	Abbs Cross	5.00 – 6.00PM – Land Training
	Abbs Cross	6.00 – 7.00PM
Wednesday	Abbs Cross	5.30 – 7.30AM
	Abbs Cross	6.30 – 8.30PM
Thursday	NO Training for A squad	
Friday	Abbs Cross	5.30 – 7.30AM
Saturday	Sapphire Ice & Leisure	6.30 – 8.30AM
Sunday	Abbs Cross	5.00 – 7.00PM

The head coach expectation is that swimmers are attending ALL sessions unless directed by the head coach not to do so.

New training timetable – B Squad

The new squad timetable for B squad comes into effect on Friday 1st December 2023. The new B squad timetable is as follows:

<u>Day of the week</u>	<u>Location</u>	<u>Time</u>
Monday	Abbs Cross	5.30 – 7.30AM
Tuesday	Abbs Cross	5.00 – 6.00PM – Land Training
	Abbs Cross	6.00 – 7.00PM
Wednesday	NO Training for B squad	
Thursday	Abbs Cross	6.30 – 8.30PM
Friday	Sapphire Ice & Leisure	6.30 – 8.00PM
Saturday	Abbs Cross	6.30 – 8.30AM
Sunday	Central Park	4.00 – 5.30PM

New training timetable – C Squad

The new squad timetable for C squad comes into effect on Friday 1st December 2023. The new C squad timetable is as follows:

<u>Day of the week</u>	<u>Location</u>	<u>Time</u>
Tuesday	Abbs Cross	5.00 – 6.00PM
Wednesday	Abbs Cross	5.00 – 6.30PM
Friday	Abbs Cross	5.00 – 6.30PM
Saturday	Abbs Cross	7.00 – 8.30AM
Sunday	Central Park	5.30 – 7.00PM