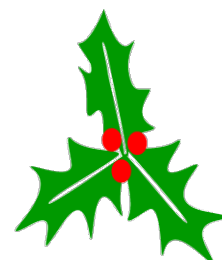


# Christmas Training Times 2023

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>
<b><u>December</u></b>		
Monday 18 <sup>th</sup>	<b>Abbs Cross(AM5:30-7:30)</b>	A & B squads as normal
	<b>Becontree(PM5:30-7:30)</b>	A as normal
<b>Tuesday 19<sup>th</sup></b>	<b>Training cancelled for ALL squads – Club Christmas Party</b>	
Wednesday 20 <sup>th</sup>	<b>Abbs Cross(AM5:30-7:30)</b>	<b>A as normal</b>
	<b>Abbs Cross(PM5:00-8:30)</b>	<b>All – as normal</b>
Thursday 21 <sup>st</sup>	<b>Abbs Cross(PM4:30-6:30)</b>	<b>A Squad</b>
	<b>Abbs Cross(PM6:30-8:30)</b>	<b>B Squad</b>
Friday 22 <sup>nd</sup>	<b>Abbs Cross(AM5:30-7:30)</b>	<b>A as normal</b>
	<b>Abbs Cross(PM5:00-6:30)</b>	<b>C &amp; D squads</b>
	<b>Abbs Cross(PM6:30-8:00)</b>	<b>B squad</b>
Saturday 23 <sup>rd</sup>	<b>Abbs Cross(AM6:30-8:30)</b>	<b>A &amp; B squads</b>
	<b>Abbs Cross(AM8:30-10:00)</b>	<b>C &amp; D squads</b>
Sunday 24 <sup>th</sup> – Wednesday 27 <sup>th</sup>	<b>No Training for ALL squads</b>	
Thursday 28 <sup>th</sup>	<b>Abbs Cross(AM8:30-10:00)</b>	<b>A &amp; B squads</b>
	<b>Abbs Cross(AM10:00-11:30)</b>	<b>C &amp; D squads</b>
Friday 29 <sup>th</sup>	<b>Abbs Cross(AM8:30-10:00)</b>	<b>A &amp; B squads</b>
	<b>Abbs Cross(AM10:00-11:30)</b>	<b>C &amp; D squads</b>
Saturday 30 <sup>th</sup>	<b>Abbs Cross(AM8:30-10:00)</b>	<b>A &amp; B squads</b>
	<b>Abbs Cross(AM10:00-11:30)</b>	<b>C &amp; D squads</b>
Sunday 31 <sup>st</sup>	<b>No Training for ALL squads</b>	
<b><u>January</u></b>		
Monday 1 <sup>st</sup>	<b>No Training for ALL squads</b>	

All squad sessions return to normal from the **evening** of Tuesday 2<sup>nd</sup> January 2024 onwards.

I would like to wish everybody a Happy Christmas and a great New Year for 2024.

