

TRAINING SESSIONS: 19TH JULY - 31ST AUGUST 2021

JUNIOR 1 & 2		
Day	Venue	Time (am/pm)
Mon	--	----
Tues	--	----
Weds	--	----
Thurs	JWSC	7:45 - 8:45 (pm)
Fri	--	----
Sat	--	----
Sun	JWSC	5:00 - 6:00 (pm)

BLUE & RED		
Day	Venue	Time (am/pm)
Mon	JWSC	7:30 - 8:30 (pm)
Tues	--	----
Weds	--	----
Thurs	JWSC	7:45 - 8:45 (pm)
Fri	--	----
Sat	--	----
Sun	JWSC	5:00 - 6:00 (pm)

SILVER		
Day	Venue	Time (am/pm)
Mon	JWSC	6:00 - 7:00 (am)
Tues	HB	7:00 - 8:00 (pm)
Weds	JWSC/WL	JWSC 6:00-7:00 (am) / WL 6:00-7:30 (pm)
Thurs	--	----
Fri	JWSC	JWSC 6:00-7:00 (am) / JWSC 7:45-9:00 (pm)
Sat	--	----
Sun	JWSC	6:00 - 7:30 (pm)

GOLD		
Day	Venue	Time (am/pm)
Mon	JWSC	6:00 - 7:00 (am)
Tues	HB	7:00 - 8:00 (pm)
Weds	JWSC/WL	JWSC 6:00-7:00 (am) / WL 6:00-8:00 (pm)
Thurs	--	----
Fri	JWSC	JWSC 6:00-7:00 (am) / JWSC 7:45-9:00 (pm)
Sat	--	----
Sun	JWSC	6:00 - 8:00 (pm)

MASTERS		
Day	Venue	Time (am/pm)
Mon	JWSC	6:00 - 7:00 (am)
Tues	--	----
Weds	JWSC	6:00 - 7:00 (am)
Thurs	--	----
Fri	JWSC	6:00 - 7:00 (am)
Sat	--	----
Sun	JWSC	7:30 - 8:30 (pm)

DATES TO NOTE IN AUGUST:

* Monday 30th August - Bank Holiday, so no training.

John Warner Sports Centre, Stanstead Road, Hoddesdon, EN11 0QG

Haileybury Sports Complex, Haileybury College, Hertford SG13 7NU

Ware Lido, Priory Street, Ware, SG12 0DE