

# GRSC COVID Return to Training timetable

Starting: Monday 4<sup>th</sup> October 2021 until further notice

## Age Group Performance

9 Sessions

12.5 (13.5) Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>a.m.</b>	X	Greenwich Centre 06:00-07:00 1 Hour Kim	X	Greenwich Centre 06:00-07:00 1 Hour Kim	Greenwich Centre 06:00-07:00 1 Hour Kim	X	LAC 08:00-10:00 2Hours 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Sun's of month Kim/Roy
<b>p.m.</b>	Thamesmere 19:30-21:00 1.5 Hours Kim	Eltham Centre 20:00-21:30 1.5 Hours Kim	X	Waterfront 19:00-21:00 2 Hour Kim	Greenwich Centre 19:30-21:30 2.00 Hour Kim	Eric Liddell 17:30-19:00 1.5 Hours Helen	Eric Liddell 18:00-19:00 1 Hour 2 <sup>nd</sup> & 4 <sup>th</sup> Sun's of month Kim