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**Christmas Training 2022**

Please find below the outline for Christmas training.

1. Sessions are at Stantonbury unless stated

2. There are significant closures to other pools

3. There will be no training for swimmers in Academy from Christmas to New Year

4. Flexibility cannot be agreed up front as attendance is hard to predict. If attending a session that isn’t your group you may be allowed to train if it safe to do so (if there is space and the planned content is appropriate).

5. There is no Land training content on these dates other than that stated.  
6. Some sessions may be busy as we try to utilise pool space with understandably unpredictable attendance

**Wed 28/12**

5.20-5.50pm LAND: Pe, P1 then swim (LB)

6-8AM: Pe, Ag1, P2, CD (HW)

6-8PM: Pe, AgP (GB&HW)

6-7PM: Ag1, Ag2(GB&HW)

7-8PM: P1, P2 (GB&HW)

**Thu 29/12**

6-8AM: Pe, P1, AgP, Sen (GB)

4-6PM: Pe, P1 (HW)

4-5PM : AgP, Ag1 (HW)

5-6PM : P2, CD (HW)

**Fri 30/12**

6-8AM: Pe, Ag1, P2, CD (HW)

4-5PM: Ag2, Ag3, Ag4 (LW, HW)  
  
4-5PM LAND : Pe & P1 then swim (LB)  
5-7PM: Pe, P1, AgP (GB&HW)  
5-6pm : Ag1  (GB&HW)  
6-7pm : CD  (GB&HW)

**Sat 31/12**

6-8am Pe, P1, P2, AgP (GB)

**Sun 1/1**

*No training*

**Mon 2/1**

*No AM training*

5.15-7.15PM: Pe, P1, AgP (GB)

5.15-6.15PM: P2 (GB)

6.15-7.15PM: Ag1 (GB)

7.15-8.15PM: Ag2, Ag3, Ag4 (GB, LW)

**Tue 3/1**

*Return to schedule*

**Sun 18/12﻿**

*Training as usual*

**Mon 19/12**

5.15-7.15 AM : Pe, P1, Sen (GB)

5.15-7.15PM: Pe, P1, AgP (HW)

5.15-6.15PM: Ag1, Ag2 (HW)

6.15-7.15PM: CD, P2 (HW)

7.15-8.15PM: Ag3, Ag4, Academy (Mon Grp) (BM, LW, HW)

**Tue 20/12**

5.30-7AM: Pe, P1, CD, P2, AgP, Ag1 (HW)

4-5PM: Ag2, Ag3, Ag4 (HW)

5-7PM: Pe, P1, AgP, P2, CD (HW)

**Wed 21/12**

*No AM training*

5.20-5.50pm LAND: Pe, P1 then swim (LB)

6-8PM: Pe, P1, P2, AgP, Ag1 (HW)

**Thu 22/12**

5.30-7AM: CD, P2, AgP, Ag1, Ag2 (GB)

4-5.20PM : AgP, Ag1, Ag2, Ag3 (HW)

6.45-8.30PM at Bletchley: Pe, P1, P2, CD (PD, TC, HW)

**Fri 23/12**

5.15-7.15AM: Pe, P1, Sen (HW)

4-5PM : Ag1, Ag2, Ag3, Ag4 (GB)

5-7PM : Pe, P1, P2, AgP, CD (GB)

**Sat 24/12**

6-8AM Pe, P1, P2, AgP (GB)

**Sun 25/12**

*No training*

**Mon 26/12**

*No training*

**Tue 27/12**

6-8AM: Pe, P1, AgP, Sen (GB)

4-5PM: Ag2, Ag3, Ag4 (LW, GB)

5-7PM: Pe, P1 (GB)

5-6PM: AgP, Ag1 (GB)

6-7PM: P2, CD (GB)