

SUMMER 2022 TOP UP TRAINING

KEY	FLC	FARNHAM LEISURE CENTRE
	AGSC	ALDERSHOT GARRISON SPORTS CENTRE
	LIDO	ALDERSHOT LIDO
	Lower Squad	Competitive Development, Competitive, County Development
	Upper Squad	County, Regional Dev, Senior Competitive, Regional & High Performance



WEEK 1

Sun 21st Aug	Mon 22nd Aug	Tues 23rd Aug	Wed 24th Aug	Thurs 25th Aug	Fri 26th Aug	Sat 27th Aug	
Academy Sessions are as normal for Bronze 1 & 2 Silver 1 & 2 Gold 1 & 2 Platinum 1 & 2	FSC CAMP for County Squad and above - Limited Places - Contact Coach Syd for more details			No Training		Junior & Junior Dev 7.00am - 7.45am All Other Squads 7.00am - 8.30am (apart from County, County Dev & Masters)	County, County Dev & Masters 7.00am-8.00am
		Junior & Junior Development 6.30pm-7.00pm	Regional & High Performance only 6.00pm-7.00pm		Lower Squads 7.00pm-8.00pm		
		Masters 7.30-8.30pm					
		Upper Squads 8.00pm-9.00pm	All Upper Squads 7.00pm-8.00pm		Upper Squads 8.00pm-9.00pm		

WEEK 2

Sun 28th Aug	B/H Monday 29th Aug	Tues 30th Aug	Wed 31st Aug	Thurs 1st Sept	Fri 2nd Sept	Sat 3rd Sept	
Academy Sessions are as normal for Bronze 1 & 2 Silver 1 & 2 Gold 1 & 2 Platinum 1 & 2	No Training	8.00am-10.00am FSC Stroke Clinics - Contact Coach Alex for Details	8.00am-10.00am FSC Stroke Clinics - Contact Coach Alex for Details	8.00am-10.00am FSC Stroke Clinics - Contact Coach Alex for Details	7.00am-8.30am FSC Stroke Clinics - Contact Coach Alex for Details	Junior & Junior Dev 7.00am - 7.45am All Other Squads 7.00am - 8.30am (apart from County, County Dev & Masters)	County, County Dev & Masters 7.00am-8.00am
		Junior & Junior Development 6.30pm-7.00pm	Regional & High Performance only 6.00pm-7.00pm		Lower Squads 7.00pm-8.00pm		
		Masters 7.30-8.30pm					
		Upper Squads 8.00pm-9.00pm	All Upper Squads 7.00pm-8.00pm	Upper Squads 8.00pm-9.00pm			

NOTES	RESTART DATE	The Club returns to Normal Timetable on Sunday 4th September
	MASTERS	You also have Saturday Morning training on 20th August as agreed
	FSC CAMP	Contact Sydney Lee on syd.fsc@outlook.com
	FSC STROKE CLINICS	Contact Alex Bowsher on alexbowsherswim@gmail.com