

CHRISTMAS TRAINING TIMETABLE 2022/23

POOLS	Sun	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Mon	Tues	
	Dec 18th	Dec 19th	Dec 20th	Dec 21st	Dec 22nd	Dec 23rd	Dec 24th	Dec 25th	Dec 26th	Dec 27th	Dec 28th	Dec 29th	Dec 30th	Dec 31st	Jan 1st	Jan 2nd	Jan 3rd	
FLC	Normal Timetable	Normal Timetable	Normal Timetable	Normal Timetable	Normal Timetable	LAST SESSIONS BEFORE CHRISTMAS AM / PM NORMAL TIMETABLE	FSC Closed	FSC Closed	FSC Closed	FSC Closed	*TOP-UP TRAINING 8-9.00am	*TOP-UP TRAINING 8-9.00am	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed
	LAST ACADEMY SESSIONS BEFORE CHRISTMAS										FSC Closed	FSC Closed						
AGSC	N/A	FSC Day Race Clinic (County & Up)	N/A	LAST SESSION WEDS PM	LAST SESSION THURSDAY PM	N/A	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	N/A
LIDO	N/A	N/A	LAST SESSION TUESDAY PM	N/A	N/A	N/A	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	FSC Closed	Normal Timetable

OVERVIEW	INFORMATION	ADDITIONAL TRAINING
Academy	Last Session will be 18th December	Bronze 1 & 2, Silver 1 & 2, Gold 1 & 2, Platinum 1 & 2 will finish on 18th December and will resume on Sunday 8th January 2023
County and Above	Race Day Clinic - Aldershot Garrison (Booking Essential)	FSC Day Race Camp - Contact Sydney Lee for more information, for Squads County and Above
All other main Squads	<p>Last timetabled sessions are on Friday 23rd December and restart from Tuesday 3rd January 2023. The club is closed in between these dates.</p> <p>Due to Surrey Counties being brought forward to mid Jan, we have allocated 2 top up training sessions for training for those chasing county times - See details in next column</p>	<p>*TOP UP TRAINING FOR COUNTIES</p> <p>Training is available on Wednesday 28th & Thursday 29th December 8.00am-9.00am - This is only for Swimmers who are training for Counties / chasing County Times and open to squads from County Dev, County, Regional Dev, Regional & High Performance</p>

