



Changes to Training in October

- No Sunday training on 18th October as Coaches supporting swimmers at the East Invicta Championships.
- No training on Thursday 22nd October as the pool is closed for essential maintenance.
- Tuesday 27th October (half term) – joint squads 7.00 to 8.00pm* Masters starts at 8.00pm.
- Thursday 29th October (half term) – joint squads 7.00 to 8.00pm* Masters starts at 8.00pm.
- Sundays 11th, 25th October & 1st November will run as normal.

*swimmers wishing to train for 2 hours on the 27th/29th October can train in Masters (8.00 to 9.00pm)