



## SWIMMING SQUADS SUMMER HOLIDAY PERIOD TRAINING

Tuesday 15th July - Squad Training - just a reminder that Hythe Pool is closed for maintenance Monday/Tuesday/Wednesday next. Please check your emails on Thursday to make sure the pool has reopened on time.

Sunday Squad training has now finished for the summer and returns on Sunday 1st September.

As usual a number of the training sessions change over the summer holiday period as swim numbers decrease and coaches are on holiday. Please note:

Thursday 18th/Tuesday 23rd & Thursday 25th July - squad training at normal times

Tuesday 30th July - Both squads train at 7.00pm for 1 hour

Thursday 1st August - Both squads train at 7.00pm for 1 hour

Tuesday 6th August - Both squads train at 7.00pm for 1 hour

Thursday 8th August - Both squads train at 7.00pm for 1 hour

Tuesday 13th August - Both squads train at 7.00pm for 1 hour

Thursday 15th August - Both squads train at 7.00pm for 1 hour

Then a two-week break - all sessions cancelled returning to normal on the 1st September.

## MASTERS TRAINING DURING THE SUMMER HOLIDAY PERIOD

During the summer holiday period Masters swim numbers decrease and coaches have holidays as well. Please note the training during the holiday period:

Tuesday 15th July - Masters Training - just a reminder that Hythe Pool is closed for maintenance Monday/Tuesday/Wednesday next. Please check your emails on Thursday to make sure the pool has reopened on time.

Thursday 18th/Tuesday 23rd & Thursday 25th July - Masters training at normal times 9.00pm

Tuesday 30th July - Masters starts at 8.00pm

Thursday 1st August - No Masters

Tuesday 6th August - Masters starts at 8.00pm

Thursday 8th August - No Masters

Tuesday 13th August - Masters starts at 8.00pm

Thursday 15th August - No Masters

Then a two week break - Masters sessions restart on Tuesday 3rd September at 9.00pm.