



TRAINING SCHEDULE FOR THE SUMMER

Last morning session will be Friday 19th July 2019 – returning on Monday 2nd September 2019.
Sunday sessions finish on 21st July and returns September 8th

Below schedule starts Monday 22nd July – Ends Friday 30th August

Monday Evening 19:00-20:00 **Competitive/County/ Regional/Masters**

Wednesday Evening 20:00-21:00 **Masters/Fitness/ Distance swimmers**

Thursday Evening split as follows:-

18:15-19:15 **Academy/ Competitive/County/Regional**

19:15-20:15 **Rookie A&B/Competitive/County/Regional**

Friday Evening split as follows:-

18:40-19:40 **Academy**

19:30-20:30 **Rookie A & B/Fitness**

19:00-20:30 **Competitive/County/Regional squad**

**LAST FELSTED SESSION WILL BE ON WEDNESDAY 17TH & THURSDAY 18TH JULY 2019 –
RETURNING BACK ON 4TH SEPTEMBER – ALL ACADEMY SWIMMERS CAN ATTEND THE ABOVE
ACADEMY SESSIONS AT DUNMOW OVER THE SUMMER ONLY**