

Long course training dates and alternative sessions at City Baths [Level 1 & 2 unless otherwise stated]

DECEMBER

Sat	17th	Long course training 12.00 - 2.00pm	Level 1 & 2 squads not at Sheffield
Tu	27th	Long course training 1.00 - 3.00pm	
Wed	28th	Long course training 1.00 - 3.00pm	
Fri	30th	Long course training 1.00 - 3.00pm	

JANUARY

Sat	14th	Replacement session at City Baths 7.00 - 9.00am	Dependant on number of swimmers at N.Mids TBC
Sat	21st	NO replacement session	
Sat	28th	Replacement session at City Baths 7.00 - 9.00am	

FEBRUARY

Sat	4th	Replacement session at City Baths 7.00 - 9.00am	
Sat	11th	Long course training 2.00 - 4.00pm	Level 1, 2 & 3 squads not on camp
Sat	18th	Replacement session at City Baths 7.00 - 9.00am	For Level 1 & 2 swimmers not on camp
Sat	25th	Replacement session at City Baths 7.00 - 9.00am	

MARCH

Sat	3rd	No long course training - NO replacement session	L1 & 2 swimmers will be at the Cheshires
Sat	10th	Replacement session at City Baths 7.00 - 9.00am	
Sat	17th	No long course training - NO replacement session	
Sat	24th	Replacement session at City Baths 7.00 - 9.00am	
Sat	31st	Long course training 2.00 - 4.00pm	

APRIL

Sat	7th	Long course training 2.00 - 4.00pm	
Sat	14th	Long course training 2.00 - 4.00pm	
Sat	21st	Long course training 2.00 - 4.00pm	
Sat	28th	Replacement session at City Baths 7.00 - 9.00am	

MAY

Sat	5th	Replacement session at City Baths 7.00 - 9.00am	
Sat	12th	Replacement session at City Baths 7.00 - 9.00am	
Sat	19th	Replacement session at City Baths 7.00 - 9.00am	
Sat	26th	Long course training 2.00 - 4.00pm	

JUNE

Sat	2nd	Replacement session at City Baths 7.00 - 9.00am	
Sat	9th	Replacement session at City Baths 7.00 - 9.00am	
Sat	16th	Long course training 2.00 - 4.00pm	
Sat	23rd	Long course training 2.00 - 4.00pm	
Sat	30th	Long course training 2.00 - 4.00pm	

JULY

Sat	7th	Long course training 2.00 - 4.00pm	
Sat	14th	Long course training 10.00 - 12.00pm	
Sat	21st	Long course training 10.00 - 12.00pm	