

Note to All Swimmers - Summer Programme wb Monday 2nd August to end of wb 23rd August

All routine squad training sessions of the 2009/10 season will end during wb 26th July with the final sessions being those held on Friday 30th July.

The 2010 Summer Programme will start on Monday 2nd August and it is set out in the Table below.

Attendance is voluntary with the focus of the work being a balance of technique and aerobic maintenance.

Day&Date		Squads	Time	Squads	Time
Monday	2-Aug	AGDS S&B	1630-1730	NRS/SCS	1730-1930
Tuesday	3-Aug	TAG+Gold	1630-1830		
Wednesday	4-Aug			NRS/SCS	1630-1830
Thursday	5-Aug	TAG+Gold	1630-1830		
Friday	6-Aug	AGDS S&B	1630-1730	NRS/SCS	1730-1930
Saturday	7-Aug				
Sunday	8-Aug				
Monday	9-Aug	AGDS S&B	1630-1730	NRS/SCS	1730-1930
Tuesday	10-Aug	TAG+Gold	1630-1830		
Wednesday	11-Aug			NRS/SCS	1630-1830
Thursday	12-Aug	TAG+Gold	1630-1830		
Friday	13-Aug	AGDS S&B	1630-1730	NRS/SCS	1730-1930
Saturday	14-Aug				
Sunday	15-Aug				
Monday	16-Aug	AGDS S&B	1630-1730	NRS/SCS	1730-1930
Tuesday	17-Aug	TAG+Gold	1630-1830		
Wednesday	18-Aug			NRS/SCS	1630-1830
Thursday	19-Aug	TAG+Gold	1630-1830		
Friday	20-Aug	AGDS S&B	1630-1730	NRS/SCS	1730-1930
Saturday	21-Aug				
Sunday	22-Aug				
Monday	23-Aug	AGDS S&B	1630-1730	NRS/SCS	1730-1930
Tuesday	24-Aug	TAG+Gold	1630-1830		
Wednesday	25-Aug			NRS/SCS	1630-1830
Thursday	26-Aug	TAG+Gold	1630-1830		
Friday	27-Aug	AGDS S&B	1630-1730	NRS/SCS	1730-1930
Saturday	28-Aug				
Sunday	29-Aug				

Key dates for your diary:

1. The 2010/2011 Swimming Season will start on Tuesday 31st August.
2. The City Baths and University **pm** sessions will restart on Tuesday 31st August.
Christleton sessions will restart on Monday 6th September.
3. The **am** sessions at the University will restart from Monday 20th September.
4. The Long Course Training programme at Manchester Aquatics will start on Sunday 19th September.
5. COCSC Club Championships to be held on 10th-12th September.
6. The Deva League schedule is being produced and will be issued shortly.
7. The first round of the National Swimming league (Speedo) will be held on Saturday 9th October.

Please check the Website for confirmation of the above.

COCSC Coaching Team