

Sheffield City Council Swim Training Scheme Alterations July 2011

Sat 2 nd	Sen Elite JO1/JO2	5.30-7.30am 5.30-7.30am
Sun 3 rd	Jun Dev Masters	7.30-9.00pm 7.30-9.30pm
Wed 6 th	NO SWAP FOR DIVE PRACTICE THIS MONTH	
Thu 7 th	Time Trials – all swimmers on poolside for 5.45pm JO1 CANCELLED	
Fri 8 th	JO3 – MOVED TO CONCORD ON 9 th - 8.00-9.30am	
Sat 9 th	Sen Elite/AGN JO1/JO2 JO3	6.00-8.00am 6.00-8.00am 8.00-9.30am (Concord)
Sun 10 th	Jun Dev Masters	6.30-8.30pm 6.30-8.30pm
Mon 11 th	JO3	6.30-7.30pm (Concord)
Tue 12 th	Jun Dev	6.00-7.00pm - CANCELLED
Wed 13 th	JO3	6.15-7.15pm (Concord)
Fri 15 th	JO3 – MOVED TO CONCORD ON 16 th – 8.00-9.30am	
Sat 16 th	Sen Elite/AGN JO1/JO2 JO3	6.00-8.00am 6.00-8.00am 8.00-9.30am (Concord)
Sun 17 th	Jun Dev Masters	7.30-9.00pm 7.30-9.30pm
Wed 20 th	Sen Elite AGN	3.00-5.00pm 5.00-7.00pm

SUMMER BREAK:

JO3/JO2/Jun Dev/Masters -

LAST SESSION TUESDAY 19TH JULY – RESTART MONDAY 15TH AUGUST

JO1:

LAST SESSION TUESDAY 19TH JULY – RESTART MONDAY 15TH AUGUST
(WITH OPTION TO TRAIN TILL 26TH JULY – COACH TO ADVISE)

AGN:

LAST SESSION TUESDAY 26TH JULY – RESTART MONDAY 15TH AUGUST

NATIONAL AGE GROUP CHAMPIONSHIPS – 21ST – 25TH JULY INC

NATIONAL YOUTH CHAMPIONSHIPS – WEDNESDAY 27TH – 31ST JULY INC

SUMMER BREAK FOR NATIONAL QUALIFIERS 31ST JULY – 14TH AUG INC

www.cityofsheffieldswimsquad.co.uk