



Changes to the Maxwell Training Programme from **Thursday 8th July**

Gold Academy

New Training Times:

Wednesday's	5:30 to 6:30	Grammar School
Friday's	5:30 to 6:30	Grammar School

- Your first session will be Friday 9th July 2010.
- Your last session (due to annual summer shut down) will be **Wednesday 11th August**.
- Friday 13th August to Monday 30th August Inclusive - Annual Summer Shut Down (for whole club)
- Training resumes Tuesday 31st August – The training programme for the new season will be released prior to this.

Platinum Academy

New Training Times:

Wednesday's	6:30 to 7:30	Grammar School
Friday's	6:30 to 7:30	Grammar School
Sunday's	6:30 to 8:00	Aqua Vale

- Your first session will be Friday 9th July 2010.
- Your last session (due to annual summer shut down) will be **Wednesday 11th August**.
- Friday 13th August to Monday 30th August Inclusive - Annual Summer Shut Down (for whole club)
- Training resumes Tuesday 31st August – The training programme for the new season will be released prior to this.

Sill Development Squad

New Training Time/Venue on Thursday

Mondays	6:30 to 7:30	Stadium
Tuesdays	7:00 to 8:00	Aqua Vale
Thursdays	6:30 to 7:30	Grammar
Saturdays (Swim)	6:30 to 8:00 AM	Stadium
Saturdays (Land)	8:15 to 9:00 AM	Stadium
Sundays	6:30 to 8:00	Aqua Vale

- Your Thursday venue will change on Thursday 8th July – this has moved from Green Park to the Grammar School.
- Your last session (due to annual summer shut down) will be **Tuesday 10th August**, however your invited to a fun session at the Aqua Vale on Wednesday 11th August 7:30 to 9pm.
- Friday 13th August to Monday 30th August Inclusive - Annual Summer Shut Down (for whole club)
- Training resumes Tuesday 31st August – The training programme for the new season will be released prior to this.

County Age & Youth Squad

All sessions will continue as previously planned however the two **Grammar School sessions have been put back to the later time of 7:30 to 9pm.**

Wednesday 23 rd June	7:30pm to 9:00pm	Aqua Vale
Wednesday 30 th June	7:30pm to 9:00pm	Aqua Vale
Wednesday 7 th July	7:30pm to 9:00pm	Aqua Vale
Wednesday 14 th July	7:30pm to 9:00pm	Aqua Vale
Wednesday 21 st July	7:30pm to 9:00pm	Aqua Vale
Wednesday 28th July	7:30pm to 9:00pm	Grammar School
Wednesday 4th August	7:30pm to 9:00pm	Grammar School
Wednesday 11 th August	7:30pm to 9:00pm	Aqua Vale (End of season fun session)

Friday 13th August to Monday 30th August Inclusive: Annual Summer Shut Down (for whole club)

Regional Youth & Swans Regional Youth Bridger's

You have an additional session alongside the Performance Squad:

Thursday 22 nd July	6:30 to 8:30 PM	Banbury Open Air Pool
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Additional Information

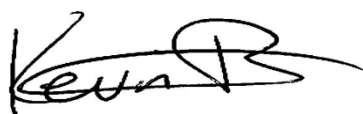
All other squads will continue to train as per the current training programme that was introduced on 21st June 2010, until the club's annual shut down commencing: **Friday 13th August till Monday 30th August INCLUSIVE** (last sessions will be on Thursday 12th August!)

Prior to the **31st August** new squads will be finalised and an updated training programme will be released which will detail pool time at various venues for specific squads.

Please accept my apologies for all the recent changes to the training times and venues of various squads over these last few months. Unfortunately this year have been fraught with many forced changes to pool time, even this week, but hopefully the new programme for the next season will stay set in place for some time to come.

Should you have any questions please get in touch.

Kind Regards



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