

January Training Schedule and Session Changes

Please note that unless stated otherwise James is available for parents and swimmers drop in's on Tuesdays 18.00-18.45 in GL1 Café.

SSK Land Training on Saturday mornings has changed format. Sessions will now run as follows:

GL1 Studio LT SSK6/7: 7.45-8.15

GL1 Studio LT SSK 9/12: 8.15-9.00

Sam and Steve will make changes to the groups as necessary and will inform you directly. Any swimmers in SSK9/12 needing to attend the earlier land training session will be able to leave the swim session early to accommodate this.

Club Closed 24th to 28th December

Saturday 29th Dec Hengrove TTC17/16/14 + Any SSK swimmers competing in the county event at Hengrove 17.30-19.30

Sunday 30th Dec Barton TTC17/16/14 8.00-10.00

Club Closed 31st December and 1st January

Wednesday 2nd All training as normal

Thursday 3rd All **swim** training as normal

Beaufort TTC14/SSK12 LT cancelled

Friday 4th All training as normal

Saturday 5th All **swim** training as normal

GL1 Studio LT SSK6/7 7.45-8.15

GL1 Studio LT SSK 9/12 8.15-9.00

Beaufort TTC14/SSK12 LT cancelled

Bristol Henleaze Level 1 Open Meet

Sunday 6th Barton SSK4/6 17.00-18.30

Twyver TTE/Para 17.00-18.45

Twyver **Land Training** TTC17/16/14 not competing 17.30-18.45

Barton SSK7/9 18.00-19.30

Twyver TTC17/16/14/SSK12 not competing 18.30-20.30

Twyver LT TTE/Para 19.00-19.45
Bristol Henleaze Level 1 Open Meet

Monday 7th - Friday 11th All training as normal

Saturday 12th All training as normal
Derek and Val Ross Memorial Gala – Selected Swimmers

Sunday 13th – Friday 18th All training as normal

Saturday 19th All training cancelled
County Championships

Sunday 20th All normal training cancelled
Twyver SSK4/6 17.00-18.15
Twyver Para/Uni 18.00-19.15
County Championships

Monday 21st – Friday 25th All training as normal

Saturday 26th All training cancelled
County Championships

Sunday 27th All normal training cancelled
Twyver SSK4/6 17.00-18.15
Twyver Para/Uni 18.00-19.15
County Championships

Monday 28th - Thursday 31st All training as normal

Friday 1st – Friday 8th February All training as normal