December Training Schedule and Session Changes

*Please note that this month James is unavailable for parents and swimmers, please email James (*[*richardsjames@hotmail.co.uk*](mailto:richardsjames@hotmail.co.uk)*) and he will get back to you as soon as he can.*

Mon 28th Nov – Thur 1st Dec All training as normal

Fri 2nd Dec All swim training as normal

Twyver LT 18.45-19.30 County/Competition Cancelled

Swim England Winter National Championships

Sat 3rd All training as normal

Swim England Winter National Championships

Sun 4th **Below changes due to Event at GL1**

Bath LC Training 11.00-13.00 – Swimmers need to sign up to the session. Spaces are offered on a first come first served basis out to all County qualifiers.

GL1 Studio 15.00-16.00 National/Regional/Competition Cancelled

Twyver 15.30-16.30 Development/Para as normal

Barton 16.00-18.15 County cancelled

Twyver 16.15.18.30 National/Regional/Competition Cancelled

Twyver 16.15-17.30 SSK1&2 – pool change

Twyver 16.30-17.15 Club Link 6 – pool change

Twyver 17.15-18.30 SSK3&4 – pool change

Twyver 17.30-18.15 Club Link 7 – pool change

Swim England Winter National Championships

Mon 5th – Thur 8th All training as normal

Fri 9th All swim training as normal

Twyver LT 18.45-19.30 County/Competition Cancelled

Sat 10th All training as normal

South Regional Para Development Day

Sun 11th GL1 Studio 15.00-16.00 National/Regional/Competition Cancelled

Twyver 15.15-16.45 National/Regional/Competition – Swimmers can then join the Xmas gala after training.

Barton 16.15-18.15 Whole Club Xmas Gala (pre-pool and warm up from 16.15-16.45 – Nat/Reg/Comp swimmers can join the gala at 16.45 for the start of fun races)

Mon 12th – Thurs 15th All training as normal

Fri 16th Twyver 05.45-07.30 National/Regional/Competition as normal

Twyver 16.15-17.30 County/Competition – short session working starts and turns for CoB and Welsh Winter National Meet

Twyver 17.15-18.30 National/Regional – short session working starts and turns for CoB and Welsh Winter National Meet

Twyver LT 18.45-19.30 County/Competition Cancelled

Welsh Winter National Meet

Sat 17th All training cancelled

CoB Level 3 open meet.

Welsh Winter National Meet

Sun 18th All training cancelled

CoB Level 3 open meet.

Welsh Winter National Meet

Mon 19th – Thurs 22nd All training as normal

Fri 23rd All swim training as normal

Twyver LT 18.45-19.30 County/Competition Cancelled

Club Closes for Christmas Break – Club to reopen Tuesday 3rd January

All Swimmers in County/Competition/Regional/National will be given 3 session plans to complete in their own time during the 10-day break.