

2017 Summer Squad Training at Blundells Pool & EVLC

Monday 24th July	Tuesday 25th July	Wednesday 26th July	Thursday 27th July	Friday 28th July	Saturday 29th July	Sunday 30th July
6am to 7am EVLC	6pm to 8.30pm BP	7.30-8.30pm EVLC 7pm to 8.30pm BP	6am to 7am EVLC	7-8pm EVLC	7am to 11am BP	4-5pm EVLC 5pm to 7pm BP
P1/Masters	6-7pm SD/CS/NC	7.30-8.30 CSA EVLC 7-8pm SD BP	P1/Masters	Learn to swim	7-9am Masters	4-5pm SD/CSA2/Club
	7-8.30pm P1/P2/En/M	7-8.30pm CS/P1/P2/NC			9-10am SD	9-11am CS/P1/P2

Monday 31st July	Tuesday 1st August	Wednesday 2nd August	Thursday 3rd August	Friday 4th August	Saturday 5th August	Sunday 6th August
6am to 7am EVLC	6pm to 8.30pm BP	7.30-8.30pm EVLC 7pm to 8.30pm BP	6am to 7am EVLC	7-8pm EVLC	7am to 11pm BP	4-5pm EVLC 5pm to 7pm BP
P1/Masters	6-7pm SD/CS/NC	7.30-8.30 CSA EVLC 7-8pm SD BP	P1/Masters	Learn to swim	7-9am Masters	4-5pm SD/CSA2/Club
	7-8.30pm P1/P2/En/M	7-8.30pm CS/P1/P2/NC			9-10am SD	9-11am CS/P1/P2

Monday 7th August	Tuesday 8th August	Wednesday 9th August	Thursday 10th August	Friday 11th August	Saturday 12th August	Sunday 13th August
6am to 7.30am	6.30pm to 8pm		6am to 7.30am		8am to 10am	
Masters only	Masters only		Masters only		Masters only	

Monday 14th August	Tuesday 15th August	Wednesday 16th August	Thursday 17th August	Friday 18th August	Saturday 19th August	Sunday 20th August
	6.30pm to 8pm		6am to 7.30am		8am to 10am	
	Masters only		Masters only		Masters only	

Monday 21st August	Tuesday 22nd August	Wednesday 23rd August	Thursday 24th August	Friday 25th August	Saturday 26th August	Sunday 27th August
	6.30pm to 8pm		6am to 7.30am		8am to 10am	
	Masters only		Masters only		Masters only	

Key	M - Masters	En - Endurance	CSA2 & Club - Sunday 4-5pm session	BP- Blundells pool
EVLC= Tiv pool	CS - Competitive		NC- Non comp	P1/2- performance SD - Skill development

Summer closure starts after last Blundells session on Sunday Aug 6th

W/C 24th July - Blundells and EVLC **Mon & Thurs am, Wed 7.30-8.30pm for CSA, Fridays 7pm-8pm LTS & Sun 4-5pm CSA2/Club/SD** all at EVLC

W/C 31st July - Blundells and EVLC **Mon & Thurs am, Wed 7.30-8.30pm for CSA, Fridays 7pm-8pm LTS & Sun 4-5pm CSA2/Club/SD** all at EVLC

W/C 7th August - Complete close down (master only @ Blundells)

W/C 14th August - Complete close down (master only @ Blundells)

W/C 21st August - Complete close down (master only @ Blundells)

W/C 28th August - Monday 28th is a **Bank holiday**, so no training and then **back to normal on Tuesday 29th August**