



Christmas Training Schedule 2012-13 – Week 2

Date	A	B	C	D
Sun 30 th Dec	No Training			
Mon 31 st Dec	8:00am – 10:00am	8:00am – 10:00am	10:00am – 11:00am	10:00am – 11:00am
	Hebburn	Hebburn	Hebburn	Hebburn
Tues 1 st Jan	Holiday			
Wed 2 nd Jan	5.00pm - 7.00pm	5.00pm – 6.30pm	7.00pm - 8.30pm	
	Boldon	Hebburn	Boldon	
Thu 3 rd Jan	Training Schedule returns to normal for all squads			
Fri 4 th Jan				
Sat 5 th Jan				
Sun 6 th Jan				

Swimmer of the Month will take place Wednesday 9th January