



Christmas Training Schedule 2013/2014

Date	A Squad	B Squad	C Squad	D Squad
Friday 20th December	No AM Training 5:00pm - 6:30pm Hebburn	No AM Training 5:00pm - 6:30pm Hebburn		4:00pm - 5:00pm Jarrow 9:00am - 10:00am Jarrow
Saturday 21st December	No Training	No Training		
Sunday 22nd December			1:45pm - 3:45pm Hebburn	
Monday 23rd December	5:00am - 7:00am Hebburn 5:30pm - 7:30pm Jarrow 9:00am - 11:00am Jarrow	6:00am - 7:00am Hebburn 5:00pm - 6:30pm Hebburn 9:00am - 11:00am Jarrow	4:00pm - 5:30pm Jarrow 11:00am - 12:00pm Jarrow	4:00pm - 5:00pm Hebburn 11:00am - 12:00pm Jarrow
Tuesday 24th December				
Wednesday 25th December	Merry Christmas	Merry Christmas	Merry Christmas	Merry Christmas
Thursday 26th December	No Training	No Training	No Training	
Friday 27th December	10:00am - 12:00pm Hebburn	10:00am - 12:00pm Hebburn	9:00am - 10:00am Hebburn	9:00am - 10:00am Hebburn
Saturday 28th December	7:00am - 9:00am Haven Point	7:00am - 9:00am Haven Point		No Training
Sunday 29th December			No Training	
Monday 30th December	10:00am - 12:00pm Hebburn	10:00am - 12:00pm Hebburn	9:00am - 10:00am Hebburn	9:00am - 10:00am Hebburn
Tuesday 31st December	9:00am - 11:00am Hebburn	9:00am - 11:00am Hebburn	11:00am - 12:00pm Hebburn	11:00am - 12:00pm Hebburn
Wednesday 1st January	Happy New Year	Happy New Year	Happy New Year	Happy New Year
Thursday 2nd January	5:30pm - 7:00pm Boldon	6:30pm - 8:00pm Jarrow	4:00pm - 5:30pm Boldon	
Friday 3rd January	5:00am - 7:00am Hebburn 5:00pm - 7:00pm Boldon	5:00pm - 6:30pm Hebburn		4:00pm - 5:00pm Jarrow
Saturday 4th January	7:00am - 9:00am Haven Point	7:00am - 9:00am Haven Point		No Training
Sunday 5th January			No Training	

Swimmer of the Month will take place on Wednesday 8th January