

Summer Holiday Training Schedule

16/06/2022 by Mark Cumberlidge

From **Monday 11th July** until **Friday 26th August 2022** the swim times for **King's** weekday evening sessions will be as follows:

Monday:

- Gold Academy 17:00 – 18:00
- D Squad, E Squad and Para Squad 18:00 – 20:00
- MASTERS 20:00 – 21:00

Tuesday:

- Bronze Academy 17:00 – 17:30
- Silver Academy 17:30 – 18:30
- D Squad 17:00 – 18:30
- A and C Squads 18:30 – 20:00

Thursday:

- Gold Academy and D Squad 17:00 – 18:00
- A Squad, B Squad and Para Squad 18:00 – 20:00
- MASTERS 20:00 – 21:00

Sunday swim times at King's Pool are unaffected during this period.

PLEASE NOTE

There will also be no training for any squad on Thursday 21st July at King's due to pool maintenance.

IMPORTANT

There will also be no training at King's for ANY SQUAD for two weeks from Monday 8th August through to Sunday 21st August





THE LAST SESSION FOR SQUADS SWIMMING AT KING'S & FOR SOME SQUADS AT MACCLESFIELD IS SUNDAY 7th AUGUST, SEE SQUAD INFORMATION BELOW

FOR ACADEMY SWIMMERS IN BRONZE, SILVER and GOLD

- Revised King's training times from Monday 11th July
- No Swim Training at King's on Thursday 21st July
- No Swim Training at King's or Macclesfield from Monday 8th August through to Sunday 21st August
- Training Resumes on Monday 22nd August but with earlier swim times at King's as above
- Monday 29th August – BANK HOLIDAY No Training
- Tuesday 30th August, Normal training times resume at King's

FOR SQUADS A, B and C

- Revised King's training times from Monday 11th July
- No Swim Training at King's on Thursday 21st July
- w/c Monday 8th Aug, Training on Monday, Wednesday and Friday evenings only (Macclesfield)
- w/c Monday 15th Aug, Training on Monday, Wednesday and Friday evenings only (Macclesfield)
- w/c Monday 22nd Aug, Training Resumes as normal but with earlier swim times at King's as above
- Monday 29th August – BANK HOLIDAY No Training
- Tuesday 30th August, Normal training times resume at King's

FOR D, E & PARA SQUAD

- Revised King's training times from Monday 11th July
- No Swim Training at King's on Thursday 21st July
- w/c Monday 8th Aug, Training on Friday evening only (Macclesfield)
- w/c Monday 15th Aug, Training on Friday evening only (Macclesfield)
- w/c Monday 22nd Aug, Training Resumes as normal but with earlier swim times at King's as above
- Monday 29th August – BANK HOLIDAY No Training
- Tuesday 30th August, Normal training times resume at King's

FOR MASTERS

- Revised King's training times from Monday 11th July
- No Swim Training at King's on Thursday 21st July
- w/c Monday 8th Aug, No Training
- w/c Monday 15th Aug, No Training
- w/c Monday 22nd Aug, Training Resumes as normal but with earlier swim times at King's as above
- Monday 29th August – BANK HOLIDAY No Training
- Tuesday 30th August, Normal training times resume at King's