



Swimming Arrangements during August 09

Our program will, in the main, close during August giving swimmers, families and coaches a much needed physical and mental break before the new season starts on Tuesday 1st September. The last session before closure will be Friday 31st July.

However there will still be swimming on Tuesdays at Farnborough and Fridays at the Lido. There will also be training for Masters on Mondays at Camberley Arena. The timetable for these days will be as follows:

Please Note: There is **no** morning training during August

Tuesdays at Farnborough

All Foundation 2 – 6.00-6.45pm

All Foundation 1 – 6.45-7.30pm

Pre-Comp Boys and Girls – 6.00-7.30pm

Masters 9-10pm

Friday at Aldershot Lido

Pre-Comp Boys and Girls – 6-7pm

All Foundation 1 & 2 – 7-8pm

Junior Comp – 8-9.30pm (you may swim to 10pm if you wish)

Senior Comp – 8-10pm

Masters – 9-10pm

Monday at Camberley Arena

Masters – 8.30-9.30pm

Ben recommends that all National swimmers take a break during August but those who wish to can train on Fridays with Senior Comp.