



Training Cancellations - November/December 2011

Please note the following:

Sunday 20th November 2011 – County Sprints at Ponds Forge, Sheffield.
No training for any squad. No 16+ swimming.

Monday 28th November 2011 – AGM at Royal British Legion, Poppyfields Drive, Mickleover commencing at 7.30pm. Please attend.
No training for B and C squads at Woodlands.

Saturday 3rd December 2011 – Bag packing session at Asda, Sinfin. 10 – 3pm.
Please add your name to the list at Lonsdale and come along to help raise funds.

Sunday 4th December 2011 – Club Championships at Queens Leisure Centre, 2pm warm up. Please see your squad coordinator if you haven't received an entry form. These need to be returned to the coordinator by Wednesday 23rd November 2011. All swimmers encouraged to enter.
No training for any squad. No 16+ swimming.

Sunday 18th December 2011 – Phoenix Nights, gala at Repton with Burton SC.
All swimmers encouraged to attend. Invitations will be sent out shortly.
No training for any squad. No 16+ swimming.

Thursday 22nd December 2011 – Final training session of the year for A, B and C squads.

Friday 23rd December 2011 – Final training session of the year for D squad.

Normal training resumes Tuesday 3rd January 2012.