



SUMMER TRAINING SCHEDULE

A Squad) Thursdays 7.30 – 9.00 pm at Moorways Pool
B Squad) Sundays 7.30 – 9.00 pm at Repton Pool
C Squad) (No Land Training)

D Squad - Tuesdays 7.30 – 8.30 pm QLC Teaching Pool
Fridays 7.00 – 8.00 pm QLC Teaching Pool

The last session prior to commencement of the summer timetable will be Saturday 24th July 2010. Regular sessions will resume Monday 6th September 2010. Please note however that there will be no training for any squad on Tuesday 7th September due to Coaches meeting. Therefore A squad will resume regular training Wednesday 8th September whilst D Squad will resume regular training on Friday 10th September.

No land training sessions during the summer break. Last land training session will be 18th July 2010. Land training will resume 12th September 2010.

Should you require any clarification please do not hesitate to contact any member of the committee.

The Committee
Derby Phoenix Swimming Club