



## 2020-2021 Summer Training Schedule

<b>THAMES = Thames 8x50m Outdoor Pool</b>	<b>GREEN = SWIMMING</b>
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- Keep Fit
- Improve Your Technique
- Stay Healthy
- Have Fun!

Available options:

1. **Mornings ONLY** = 2 practices per week @ THAMES \*\*\*Starting July 6<sup>th</sup>, 2021\*\*\*
  - Available to age group athletes over 12 years old & Masters athletes
2. **Evenings ONLY** = 2 practices per week @ THAMES \*\*\*Starting in July 27<sup>th</sup>, 2021\*\*\*
  - Available to age group athletes over 5 years old & Masters athletes

	MON	TUE	WED	THURS	FRI	SAT	SUN
<b>AM</b>		6:00-7:00 @ THAMES		6:00-7:00 @ THAMES			
<b>PM</b>		5:00-6:00 @ THAMES		5:00-6:00 @ THAMES			