

DASC Training Summer Holidays Sat 22 July to Sun 3 Sep

Please look regularly at your e-mail, texts and the club website for short notice changes to training.

Programme subject to change due to various factors.

LF = Longfield, HK = Hummerknott, EV = Haughton Education Village

DC = Dolphin Centre Main Pool, BT = Dolphin Centre Back Tank

General Points

All pools closed on Bank Holiday Monday 28 August

EV closed for 3 weeks of planned maintenance 14 Aug - 3 Sep

LF closed for 2 weeks of planned maintenance 21 Aug - 3 Sep

HK should reopen on Mon 24 July

Normal training programme to resume on Mon 4 September (tbc)

No Diddy League Training on Saturdays at EV. No Top Squad Land Training on Fridays at EV

DAY	TIME	VENUE	SQUAD	NOTES
Mon am	6.15-7.45	DC	Top & A1 on 24 & 31 Jul & A2 from 7 Aug	No training 28 Aug
Mon pm	6.30-8.45	EV	Top	No training 28 Aug. Pool closed 14 Aug - 3 Sep
	6.00-8.00	HK	A1	No training 28 Aug
	5.30-6.30	LF	A3	No training 28 Aug. Pool closed 21 Aug - 3 Sep
	6.30-8.30	LF	A2	No training 28 Aug. Pool closed 21 Aug - 3 Sep
Tue am	6.15-7.45	DC	Top	
Tue pm	5.10-6.05	DC	B1	
	5.10-6.05	DC	B2	
	5.10-6.05	DC	B3	
	6.05-7.05	DC	A2	
	6.05-7.05	DC	A3	
	7.05-8.05	BT	A3/A2 alternating weeks	See coaches for info on rota
	7.05-9.00	DC	A1	
	7.05-9.00	DC	Top	
	8.05-9.00	BT	Flexible use by Top & A1	
Wed pm	6.30-8.00	EV	A1	Pool closed 14 Aug - 3 Sep
	5.30-6.30	LF	B1	Cancelled for all of the school summer hols.
	6.30-8.00	LF	A2	Cancelled for all of the school summer hols.
Thu am	6.15-7.45	DC	Top	
Thu pm	7.30-9.00	EV	Top	Pool closed 14 Aug - 3 Sep
	6.00-8.00	HK	A2	
	5.30-7.00	LF	A3	Cancelled on 27 July. Pool closed 21 Aug - 3 Sep
Fri am	6.15-7.45	DC	Top & A1	
Fri pm	5.30-6.30	EV	Top land training	Cancelled for all of the school summer hols.
	6.30-8.30	EV	Top & A1	Pool closed 14 Aug - 3 Sep
	5.00-6.30	LF	A3	Cancelled for all of the school summer hols.
Sat am	8.00-9.00	DC	Top1 Gym	
	11.45am-1.15pm	EV	DIDDY LEAGUE training	Cancelled for all of the school summer hols.
Sun am	8.00-8.55	BT	Top	
	9.00-10.00	DC	Top	
Sun pm	4.00-5.00	DC	B1	
	4.00-5.00	DC	B2	
	4.00-5.00	DC	B3	
	5.00-6.00	BT	B2	
	5.00-6.00	DC	A3	
	6.00-7.00	DC	A2	
	5.00-7.00	DC	A1	