

## 2017 Summer Training Dates

Please note we have 2 x L2 coaching course 24 July – 2 Aug and 7 Aug – 16 Aug RA & CA squads

<b>National Youth</b>	July	17-29 27 Thu 29 Sat	All AM sessions 1.5 hours 17:00-18:30 UEA Last session
		Summer timetable	July 31 – Sep 2 inc
	August	Mon Tue Thu Sat	17:00-18:30 UEA 17:00-18:30 UEA 17:00-18:30 UEA 6:30-8:00 UEA
		28 Mon	Bank Hol No Training
	September	4-9 11 Mon	All AM sessions 1.5 hours Resume full programme
<b>National Age</b>	July	29 Sat	Last session
		Summer timetable	July 31 – Sep 2 inc
	August	Mon Tue Thu Sat	17:00-18:30 UEA 17:00-18:30 UEA *by invitation usual swimmers 17:00-18:30 UEA 6:30-8:00 UEA
		28 Mon	Bank Hol No Training
	September	4 Mon	Resume full programme
<b>Masters &amp; RY</b>	July	RY 24 Mon 27 Thu 29 Sat	20:00-21:30 Hewett 20:00-21:30 UEA Last session
		Summer timetable	July 31 – Sep 2 inc
	August	RY only Mon M only Tue	20:00-21:30 Hewett 18:30-19:30 UEA
		Both Thu Both Sat	20:00-21:00 UEA 8:00-9:30 UEA
		28 Mon	Bank holiday no training
September	4 Mon	Resume full programme	
<b>Regional Age</b>	July	22 Sat	Last session
		24, 25, 26 27 29 31	17:00-19:00 Hewett 14:00-16:00 Hewett 8:30-10:00 UEA 17:00-19:00 Hewett
	Aug	1 2 5 7, 8, 9 10 12 14, 15, 16	17:00-19:00 Hewett 17:00-19:00 Hewett 6:30-8:00 UEA 17:00-19:00 Hewett 14:00-16:00 Hewett 6:30-8:00 UEA 17:00-19:00 Hewett
	Then	Mon	17:00-19:00 Hewett

		Wed	17:00-19:00 Hewett
		Sat	6:30-8:00 UEA
		28 Mon	Bank holiday no training
	September	4 Mon	Resume full programme
<b>County Youth</b>	July	29 Sat	Last session
	Summer timetable		July 31 – Sep 3 inc
	August	Tue	18:30-19:30 UEA
		Wed	20:00-21:00 Hewett
		Fri	19:30-20:30 Hewett
	September	4 Mon	Resume full programme
<b>County Age</b>	July	22 Sat	Last session
		24, 25, 26	17:00-19:00 Hewett
		27 Thu	14:00-16:00 Hewett
		28 Fri	18:30-20:00 Hewett
		29 Sat	10:00-11:30 Hewett
		31	17:00-19:00 Hewett
	Aug	1	17:00-19:00 Hewett
		2	17:00-19:00 Hewett
		5 Sat	10:00-11:00 Hewett
		7, 8, 9	17:00-19:00 Hewett
		10	14:00-16:00 Hewett
		12 Sat	10:00-11:00 Hewett
		14, 15, 16	17:00-19:00 Hewett
		19 Sat	10:00-11:00 Hewett
	Then	Mon	19:00-20:00 Hewett
		Wed	19:00-20:00 Hewett
		Sat	10:00-11:00 Hewett
		28 Mon	No training – Bank Holiday
	September	4 Mon	Resume full programme
<b>City</b>	July	16 Sun	Last session
		17 Mon	19:30-20:30 Hewett
		21 Fri	20:00-21:00 Hewett
		22 Sat	10:00-11:30 Hewett
		24 Mon	19:00-20:00 Hewett
		28 Fri	18:30-20:00 Hewett
		29 Sat	10:00-11:30 Hewett
	Summer timetable		Aug 1 – Sep 3 inc
	August	Mon	19:00-20:00 Hewett
		Wed	19:00-20:00 Hewett
		Sat	10:00-11:00 Hewett
		28 Mon	No training – Bank Holiday
	September	4 Mon	Resume full programme
<b>JD1&amp;2</b>	July	22 Sat	Last session
	Summer timetable		Jul 24 – Sep 3 inc
		Mon	18:30-19:30 UEA (4 lanes)
		Thu	18:30-20:00 UEA (8 lanes)
		Sat	7:30-9:00 Hewett

	28 Mon	Bank Hol No Training
	September 4 Mon	Resume full programme
<b>JD3</b>	July 22 Sat	Last session
	Summer timetable	Jul 24 – Sep 3 inc
	Tue	16:00-17:00 Hewett
	Thu	18:30-20:00 UEA (8 lanes)
	September 4 Mon	Resume full programme
<b>AA</b>	Monday	Last session 17 <sup>th</sup> July > summer break > resume 4 <sup>th</sup> Sep
	Wednesday	Last session 19 <sup>th</sup> July > summer Break > resume 6 <sup>th</sup> Sep
	Saturday	Sat sessions available All sessions as normal