

**Notices from Rachel, updated 30.5.10**

No Training for any squad on Sunday 30<sup>th</sup> May

No Morning Training on Monday 31<sup>st</sup> May  
(Evening Training as Usual)  
Half Term Training:

NO SWIMMING MON MORNING

All evening training as normal

Fri 4<sup>th</sup> June, 6.30-8.00am CANCELLED (see below)

ADDITIONAL TRAINING:

Tues 1 <sup>st</sup> June	RPM @ Esporta	12-12.45pm
Wed 2 <sup>nd</sup> June		8.30-10.00am
Thu 3 <sup>rd</sup> June	RPM @ Esporta	12-12.45pm
Fri 4 <sup>th</sup> June		8.30-10.00am

Morning training for **Performance**, **Potential**,  
**Development** and **Senior** Swimmers.  
RPM for Swimmers aged 12+

Saturday 12<sup>th</sup> June  
**Performance** & **Potential** IN THE WATER from 8.00am  
(**Development** Training as Usual)

Friday 9<sup>th</sup> July  
7.30-9.00pm  
Relays  
**ALL SQUADS**

Saturday 10<sup>th</sup> July  
7.30-9.30am  
Bungees  
**ALL SQUADS**