



# Aylesbury and District Swimming Club

## Training Changes January 2018

Sunday 14<sup>th</sup> No training at Aqua Vale 3-4.30 due to the County Championships. Swimmers who normally train in the afternoon session can train with the County Age and Youth squads at the Stadium in a combined session 6-7.30pm. Training for Junior (5-6) and Masters (7.30 -8.30) will continue as normal.

## Training Changes February 2018

Sunday 4<sup>th</sup> No training at Aqua Vale 3-4.30 due to the County Championships. Swimmers who normally train in the afternoon session can train with the County Age and Youth squads at the Stadium in a combined session 6-7.30pm. Training for Junior (5-6) and Masters (7.30 -8.30) will continue as normal.

Sunday 11<sup>th</sup> No training at Aqua Vale 3-4.30 due to the County Championships. Swimmers who normally train in the afternoon session can train with the County Age and Youth squads at the Stadium in a combined session 6-7.30pm. Training for Junior (5-6) and Masters (7.30 -8.30) will continue as normal.