



Aylesbury and District Swimming Club

Training Changes November 2017

- Sunday 5th No training at Aqua Vale (3-4.30) due to Maxwell Open meet. Swimmers who normally train on a Sunday can join the session at the Stadium (6pm-7.30pm). Training for Juniors (5-6) and Masters (7.30 – 8.30) as normal.
- Sunday 12th No training at Aqua Vale (3-4.30) due to Distance Time trials. Swimmers who normally train on a Sunday can join the session at the Stadium (6pm-7.30pm). Training for Juniors (5-6) and Masters (7.30 – 8.30) as normal.
- Sunday 19th No training at Aqua Vale (3-4.30) or Stadium (5-7.30) for all squads due to Club Championships. Masters (7.30 – 8.30) as normal.
- Sunday 26th No training at Aqua Vale (3-4.30) or Stadium (5-7.30) for all squads due to Club Championships. Masters (7.30 – 8.30) as normal.

Training Changes December 2017

- Sunday 3rd No training at Aqua Vale (3-4.30) due to Maxwell Open meet. Swimmers who normally train on a Sunday can join the session at the Stadium (6pm-7.30pm). Training for Juniors (5-6) and Masters (7.30 – 8.30) as normal.