

Christmas Holidays Training Schedule

SWIMMING		
Development Squads		
Fri 22 nd Dec	Last day of normal training	Park Road & Tottenham Green
Sat 23 rd Dec to Tue 2 nd Jan	No training	
Wed 3 rd Jan	Back to normal training	Park Road & Tottenham Green
Competitive and Performance Squads		
Fri 22 nd Dec	Last day of normal training	
Sat 23 rd Dec to Wed 27 th Dec	No training	
Thu 28 th Dec	9-10am PR Comp (a) & TG Comp 10-11am PR Comp (b) 9-11am Performance	Tottenham Green
Fri 29 th Dec	8-9am PR Comp (a) & TG Comp 9-10am PR Comp (b) 8-10am Performance	Park Road
Sat 30 st Dec	8-9am PR Comp (a) & TG Comp 9-10am PR Comp (b) 8-10am Performance	Park Road
Sun 31 st Dec - Mon 1 st Jan	No training	
Tue 2 nd Jan	8-9am PR Comp (a) & TG Comp 9-10am PR Comp (b) 8-10am Performance	Park Road
Wed 3 rd Jan	Back to normal training	Park Road & Tottenham Green
DIVING		
Thu 21 st Dec	Last session	Park Road
Thu 4 th Jan	First session	Park Road
WATER POLO		
Sun 17 th Dec	Last session	Tottenham Green
Sun 7 th Jan	First session	Tottenham Green