

# **Training Session Changes**

## **Start Date WB 3<sup>rd</sup> November 2014**

### Thursdays

5.30-6.30 – Juniors

6.30-7.30 – Seniors

7.30-9 – Masters Only

*NB: Prompt arrival to these sessions is necessary due to them being an hour long. If you are more than 5 minutes late you will not be allowed to swim due to warm ups being completed and swimmers being at a risk of injury.*

### Saturdays

10-11am – Invite only sessions.

*These will be for swimmers who are close to Midlands or National times.*

*All other sessions are unaffected.*