

SUMMER SWIMMING PROGRAMME 2019



The summer swimming programme starts on Monday 22st July and finishes on 4th September

Otters (Swim Development)

- Last Swim 14 July - Restarts 8 September

Dolphins

- Last Swim 13/14 July - Restarts 7/8 September

Learn to Train

- Same as normal but no swimming on Fridays

Black squad

- Same swim sessions as normal but no Saturday mornings at Tiddenfoot

Green squad

- Same swimming as normal but no Friday swimming

Gold Transition

- Same swim sessions as normal but no swimming on Mondays at Lewsey
- No Saturday morning swimming at Tiddenfoot

Gold & Performance squads

- Same swim sessions as normal but no swimming on Mondays at Lewsey
- No Saturday morning swimming at Tiddenfoot

Luton – Saturday morning – selected swimmers as invited