Morning Training!

As of the week beginning Monday 14th November senior morning sessions will be rearranged as follows-

Monday- Templemore- National and Development- Mark and Ross

Tuesday- Templemore- National Only- Mark

Wednesday- Avoniel- Development and Masters- Ross

Thursday- Templemore- National and extra morning for Development if already doing 4 (swimming nationals set)- Mark

Friday- Avoniel- National, Development and Senior Comps- Mark and Ross

Saturday- Templemore- National and Development- Mark and Ross

Sunday- Avoniel- Junior Comps and Club- Paul

Red- Changed sessions

Senior Comps additional morning(s) to be arranged with swimmers involved