# Christmas Training

Less Competitive swimmers enjoy a break from training from the 17th Dec until the 5th Jan when normal training resumes. Below are listed the sessions for competitive swimmers who need to be banking as much training time as possible for their run up to Ulster Age Group Champs.

| Seniors | | | Aquasprint |
|---|---|---|---|
| Date | AM | PM | |
| sat 17th dec | 6.30-8.30 am templemore | | 7.30-9 Avoniel |
| sun 18th dec | | 5-7 pm templemore | am- 7-9 Avon, 2-4pm- Temp |
| mon 19th dec | 5.30-7.30 am templemore | 5/5.30-7pm templemore | |
| tues 20th dec | 5.30-7.30 am templemore | 7-8.30pm Avoniel | 5-6 pm Avoniel |
| wed 21st dec | Normal Squads | 7-8.30pm Avoniel | 6-7 pm Avoniel |
| thurs 22nd dec | 5.30-7.30 am templemore | 7-8.30pm Avoniel | 6-7.30 pm Avoniel |
| fri 23rd dec | 9-11 am templemore | 6-8pm templemore | 5-6 pm templemore |
| sat 24th dec | 8-11 am templemore | off | |
| sun 25th dec | off | | |
| mon 26th dec | off | | |
| tues 27th dec | 9-11 am templemore | ice hockey belfast giants | 4-6 pm templemore |
| wed 28th dec | 8-10 am templemore | 5-7 pm templemore | 4-5 pm templemore |
| thurs 29th dec | 8-10 am templemore | 5-7 pm templemore | 4-5 pm templemore |
| fri 30th dec | 8-10 am templemore | 5-7 pm templemore | 4-5 pm templemore |
| sat 31st dec | 8-10 am templemore | off | |
| sun 1st jan | off | | |
| mon 2nd jan | 8-10 am templemore | 5-7 pm templemore | 4-5 pm templemore |
| tues 3rd jan | 5.30-7.30 am templemore | 7-8 pm templemore | 5-6 pm templemore |
| wed 4th jan | Sessions as Normal | | |