



BIGGLESWADE SWIMMING CLUB

Sun	25th July	Last normal training session						
Wed	28th July	Long course training at Hitchin outdoor pool	Blue	6-6:45pm	Navy and Red and Purple	6-7:30pm	Orange and Masters	6:45-7:30pm
Wed	4th Aug	Long course training at Hitchin outdoor pool	Blue	6-6:45pm	Navy and Red and Purple	6-7:30pm	Orange and Masters	6:45-7:30pm
Mon	09th Aug	Saxon	Blue	Normal	Navy and Red	Normal		
Wed	11th Aug	Long course training at Hitchin outdoor pool	Blue	6-6:45pm	Navy and Red and Purple	6-7:30pm	Orange and Masters	6:45-7:30pm
Fri	13th Aug	Saxon pm only	all squads as normal					
Mon	16th Aug	Saxon	Blue	Normal	Navy and Red	Normal		
Wed	18th Aug	Long course training at Hitchin outdoor pool	Blue	6-6:45pm	Navy and Red and Purple	6-7:30pm	Orange and Masters	6:45-7:30pm
Fri	20 th Aug	Saxon pm only	all squads as normal					
Mon	23rd Aug	Saxon	Blue	Normal	Navy and Red	Normal		
Wed	25th Aug	Long course training at Hitchin outdoor pool	Blue	6-6:45pm	Navy and Red and Purple	6-7:30pm	Orange and Masters	6:45-7:30pm
Fri	27th Aug	Saxon pm only	all squads as normal					
Mon	30th Aug	No Training						
Wed	01st Sep	Normal training resumes						

SUMMER TRAINING SCHEDULE 2010