



Squad Christmas Sessions over at Runnymede Pool

Group	Duration	Whole Pool Sat 19 Dec	Whole Pool Sun 20 Dec	3 Lanes Mon 21 Dec	3 Lanes Tues 22 Dec	3 Lanes Wed 23 Dec	3 Lanes Thurs 24 Dec	3 Lanes Tues 29 Dec	Whole Pool Wed * 30 Dec	3 Lanes Thurs 31 Dec	3 Lanes Sat 02 Jan	Whole Pool Sun 03 Jan
Paul	2 Hours	6:00am – 8:00am	5:30pm – 7:30pm	3:30pm – 5:30pm	7:00am – 9:00am	7:00am – 9:00am	7:00am – 9:00am	7:00am – 9:00am	5:30am – 7:00am	7:00am – 9:00am	8:00am – 10:00am	5:30pm – 7:30pm
Lou	2 Hours	6:00am – 8:00am	5:30pm – 7:30pm	5:30pm – 7:30pm	9:00am – 11:00am	9:00am – 11:00am	9:00am – 11:00am	9:00am – 11:00am	5:30am – 7:00am	9:00am – 11:00am	10:00am – 12:00pm	5:30pm – 7:30pm
Deena's Group & the 1 Hour group	1 Hour	-	5:30pm – 6:30pm	5:30pm – 6:30pm	10:00am – 11:00am	10:00am – 11:00am	10:00am – 11:00am	10:00am – 11:00am		10:00am – 11:00am	11:00am – 12:00pm	5:30pm – 6:30pm

1 Hour Group who swim min 2 sessions to max 3 sessions per week will join Deena's group over the Christmas period at Runnymede pool.

***Please note: Wed 30 Dec is only 1.5hrs duration.**