

## **SUMMER HOLIDAYS TRAINING SCHEDULE**

Through out the summer holidays we unfortunately loose the schools for weekday evening practise, so morning & weekend practice becomes essential for our swimmers. Please take part in as many sessions as possible to maintain fitness, improve technique and skills.

### **FRIDAY 26th JUNE**

6.00am to 7.00am ~ as normal @ The Complex  
TRAINING AT BOTH LARBERT HIGH & GRANGEMOUTH HIGH **CANCELLED**

### **SATURDAY 27th JUNE**

TRAINING AT FALKIRK HIGH SCHOOL as normal.

### **SUNDAY 28th JUNE**

7.15am to 8.45am ~ SATURN & APOLLO (**NO LAND TRAINING**) @ The Complex  
5.00pm to 7.00pm ~ AGD1 & AGD2 @ The Complex

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### **WEEK COMMENCING MONDAY 29th JUNE THRU TO WEEK COMMENCING MONDAY 10th AUGUST**

#### **MONDAY**

6.00am to 7.30am ~ AGD1, AGD2, APOLLO & ENDEAVOUR @ The Complex  
(WITH THE EXCEPTION OF 10th AUGUST - **TRAINING CANCELLED**)

#### **TUESDAY**

6.00am to 7.30am ~ AGD1, AGD2, APOLLO & ENDEAVOUR @ The Complex  
CLUBNIGHT AS NORMAL @ The Complex

#### **WEDNESDAY**

6.30pm to 8.00pm ~ For All, parent participation welcome, Run, jog, walk & games @ Callendar Park

#### **THURSDAY**

6.00am to 7.30am ~ AGD1, AGD2, SATURN & ENDEAVOUR @ The Complex

#### **FRIDAY**

6.00am to 7.00am ~ AGD1, AGD2, APOLLO & ENDEAVOUR @ The Complex

#### **SATURDAY**

3.30pm to 5.30pm ~ APOLLO & CHALLENGER @ Falkirk High School  
(WITH THE EXCEPTION OF 8th & 15th AUGUST - **TRAINING CANCELLED**)

#### **SUNDAY**

7.15am to 8.45am POOL, 9.00am to 9.45am LAND TRAINING ~ SATURN @ The Complex  
5.00pm to 7.00pm ~ AGD1 & AGD2 @ The Complex  
(WITH THE EXCEPTION OF PM SESSION 9th AUGUST - **TRAINING CANCELLED**)

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### **WEEKS COMMENCING MONDAY 17th AUGUST**

#### **MONDAY**

6.00am to 7.30am ~ AGD1, AGD2, APOLLO & ENDEAVOUR @ The Complex

#### **TUESDAY**

6.00am to 7.30am ~ AGD1, AGD2, APOLLO & ENDEAVOUR @ The Complex  
CLUBNIGHT AS NORMAL @ The Complex

#### **WEDNESDAY 19th AUGUST**

**ALL TRAINING BACK TO NORMAL**