

## Forest of Dean SC

### **Training Alterations**

Please note the following changes to our regular timetable;

#### **July Training Alterations**

- Sunday 6<sup>th</sup> July            -    Masters 8:30-9:30 @Cinderford  
                                     -    **All other training cancelled**

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### **Summer Schedule July 28<sup>th</sup> – 1<sup>st</sup> September**

Please note the following changes to our regular timetable;

#### **Week commencing 28<sup>th</sup> July**

##### Monday

All squads – 19:00-21:00 @Bathurst Pool

##### Wednesday

Training 1 & Training 2, Competition 1, & Competition Club – 18:00-19:00 @Cinderford

Competition 2, Performance 1, Performance 2 & Performance Club – 19:00-20:30 @Cinderford

Masters – 20:30-21:30 @Cinderford

##### Friday

Training 1 & Training 2, Competition 1, & Competition Club – 18:00-19:00 @Lydney

Competition 2, Performance 1, Performance 2 & Performance Club – 19:00-20:00 @Lydney

Masters – 20:30-21:30 @Cinderford

#### **Week commencing 4<sup>th</sup> August**

ALL Training Cancelled

#### **Week commencing 11<sup>th</sup> August**

ALL Training Cancelled

## **Week commencing 18<sup>th</sup> August**

### Monday

Training 1 & Training 2 – 18:00-19:00 @Cinderford

Competition 1, Competition 2 & Competition Club – 19:00-20:00 @Cinderford

Performance 1, Performance 2 & Performance Club – 20:00-21:00 @Cinderford

### Wednesday

Training 1 & Training 2, Competition 1, & Competition Club – 18:00-19:00 @Cinderford

Competition 2, Performance 1, Performance 2 & Performance Club – 19:00-20:30 @Cinderford

Masters – 20:30-21:30 @Cinderford

### Friday

Training 1 & Training 2, Competition 1, & Competition Club – 18:00-19:00 @Lydney

Competition 2, Performance 1, Performance 2 & Performance Club – 19:00-20:00 @Lydney

Masters – 20:30-21:30 @Cinderford

## **Week commencing 25<sup>th</sup> August**

### Monday

Training 1 & Training 2 – 18:00-19:00 @Cinderford

Competition 1, Competition 2 & Competition Club – 19:00-20:00 @Cinderford

Performance 1, Performance 2 & Performance Club – 20:00-21:00 @Cinderford

### Wednesday

Training 1 & Training 2, Competition 1, & Competition Club – 18:00-19:00 @Cinderford

Competition 2, Performance 1, Performance 2 & Performance Club – 19:00-20:30 @Cinderford

Masters – 20:30-21:30 @Cinderford

### Friday

Training 1 & Training 2, Competition 1, & Competition Club – 18:00-19:00 @Lydney

Competition 2, Performance 1, Performance 2 & Performance Club – 19:00-20:00 @Lydney

Masters – 20:30-21:30 @Cinderford

All other training cancelled