

ESS SENIOR SQUAD TRAINING TIMES

From Tuesday 3rd January Senior Squad sessions will be as follows:-

MONDAY	6AM -7AM 8PM-10PM	SOUTHBURY ALBANY
TUESDAY	6AM-7AM 6PM-8PM 8.30-10PM	SOUTHGATE EDMONTON (by invitation only and you must swim Wednesday morning if you do this session) SOUTHBURY
WEDNESDAY	6AM-7AM 6PM-8PM	SOUTHBURY SOUTHBURY
THURSDAY	6AM-7AM 7PM-9PM 8PM-9.30	SOUTHGATE ALBANY or EDMONTON
FRIDAY	6AM-7AM 7PM-9PM 8PM-10PM	SOUTHBURY ALBANY or SOUTHBURY
SUNDAY	8AM-10AM	SOUTHBURY