



CHESTERFIELD SC CHRISTMAS TRAINING SCHEDULE

GOLD

Date	Swimming	Land Training
Wednesday 21 st December	Normal training times.	
Thursday 22 nd December	06:00 – 08:00 Queen's Park	08:15 – 09:15 Queen's Park
Friday 23 rd December		
Saturday 24 th December	06:00 – 08:00 Queen's Park	
Sunday 25 th December		
Monday 26 th December		
Tuesday 27 th December	06:00 – 08:00 Queen's Park	08:15 – 09:15 Queen's Park
Wednesday 28 th December	10:00 – 12:00 Ponds Forge	
Thursday 29 th December	06:00 – 08:00 Queen's Park	08:15 – 09:15 Queen's Park
Friday 30 th December	10:00 – 12:00 Ponds Forge	
Saturday 31 st December	06:00 – 08:00 Queen's Park	08:15 – 09:15 Queen's Park
Sunday 1 st January		
Monday 2 nd January	Normal training resumes.	