

CHESTERFIELD SC CHRISTMAS TRAINING SCHEDULE

SILVER

Date	Swimming	Land Training
Wednesday 23 rd December	Normal training times.	
Thursday 22 nd December	08:00 – 09:30 Queen's Park	07:00 – 07:45 Queen's Park
Friday 23 rd December	14:00 – 16:00 Ponds Forge TBC	
Saturday 24 th December		
Sunday 25 th December		
Monday 26 th December		
Tuesday 27 th December	08:00 – 09:30 Queen's Park	07:00 – 07:45 Queen's Park
Wednesday 28 th December		
Thursday 29 th December	08:00 – 09:30 Queen's Park	
Friday 30 th December		
Saturday 31 st December	08:00 – 09:30 Queen's Park	07:00 – 07:45 Queen's Park
Sunday 1 st January		
Monday 2 nd January	Normal training resumes.	

Land training is an important part of your Christmas training schedule and it would be great to see you all make the effort to be there.

Merry Christmas!

Mark