

Dronfield Dolphins Swimming Club - Summer 2010 Training Programme

As many coaches and swimmers will be on holiday during the summer school holidays, we have revised the training programme for the period Sunday 25th July to Tuesday 31st August inclusive.

During this time there will be no training at Ponds Forge but some additional sessions will be made available at Dronfield.

There will be no training sessions for any squads during the period Saturday 14th August to Tuesday 31st August inclusive.

Normal training times and venues continue until Saturday 24th July and will be resumed on Wednesday 1st September.

Details of the training sessions for all squads from Sunday 25th July to Friday 13th August are given below:

All sessions will be held at Dronfield Sports Centre.

| Squad | Sunday | Monday | Wednesday | Thursday | Friday |
|-----------|--------------------|--------------------|--------------------|--------------------|--------------------|
| A1 | 25th July | 26th July | 28th July | | 30th July |
| | 1st August | 2nd August | 4th August | | 6th August |
| | 8th August | 9th August | 11th August | | 13th August |
| | 6.30-8.00pm | 8.15-9.15pm | 8.00-9.30pm | | 7.15-9.15pm |
| A2 | 25th July | 26th July | 28th July | | |
| | 1st August | 2nd August | 4th August | | |
| | 8th August | 9th August | 11th August | | |
| | 5.45-8.00pm | 7.15-9.15pm | 8.00-9.30pm | | |
| B1 | | 26th July | 28th July | | 30th July |
| | | 2nd August | 4th August | | 6th August |
| | | 9th August | 11th August | | 13th August |
| | | 8.15-9.15pm | 8.00-9.30pm | | 8.15-9.15pm |
| B2 | 25th July | 26th July | | | 30th July |
| | 1st August | 2nd August | | | 6th August |
| | 8th August | 9th August | | | 13th August |
| | 6.15-8.00pm | 7.15-9.15pm | | | 8.15-9.15pm |
| C1 | 25th July | 26th July | | 29th July | 30th July |
| | 1st August | 2nd August | | 5th August | 6th August |
| | 8th August | 9th August | | 12th August | 13th August |
| | 6.15-8.00pm | 7.15-8.15pm | | 7.00-8.00pm | 8.15-9.15pm |
| C2 | 25th July | 26th July | | 29th July | 30th July |
| | 1st August | 2nd August | | 5th August | 6th August |
| | 8th August | 9th August | | 12th August | 13th August |
| | 5.00-6.30pm | 7.15-8.15pm | | 7.00-8.00pm | 7.15-8.15pm |
| D1 | 25th July | 26th July | | | 30th July |
| | 1st August | 2nd August | | | 6th August |
| | 8th August | 9th August | | | 13th August |
| | 5.00-6.15pm | 7.15-8.15pm | | | 7.15-8.15pm |
| D2 | 25th July | | | 29th July | 30th July |
| | 1st August | | | 5th August | 6th August |
| | 8th August | | | 12th August | 13th August |
| | 5.00-6.15pm | | | 7.00-8.00pm | 7.15-8.15pm |
| E1 | | | | 29th July | |
| | | | | 5th August | |
| | | | | 12th August | |
| | | | | 7.00-8.00pm | |
| E2 | 25th July | | | | |
| | 1st August | | | | |
| | 8th August | | | | |
| | 5.00-5.45pm | | | | |