

Summer 2007 Training

Sunday	15/07/2007	22/07/2007	29/07/2007	05/08/2007	12/08/2007	19/08/2007	26/08/2007
4.30 -6.00	No Swim	Alison Rachel C AN Other	Geoff & Liz Karl H AN Other	Geoff & Liz Eddie AN Other	Geoff & Liz Paul D AN Other	Geoff & Liz John AN Other	No Swim

Tuesday	17/07/2007	24/07/2007	31/07/2007	07/08/2007	14/08/2007	21/08/2007	28/08/2007
7.30 to 8.30 ALL SWIMMERS	No Swim	Alison Chris T AN Other	Geoff Paul Paul	Geoff Mick Simon	Geoff Paul Paul	Geoff Mick Simon	Normal

Thursday	19/07/2007	26/07/2007	02/08/2007	09/08/2007	16/08/2007	23/08/2007	30/08/2007
6.30 to 7.30 Normally swim 6-7.00 Inc. Small pool	No Swim	Rachel C Chris Ben Alison S	John Eddie Chris Ben	John Eddie Chris Ben	John Eddie Chris Ben	John Eddie Chris Ben	Normal
7.30 to 9.00 Everyone else	No Swim	Geoff Alison Chris T AN Other	Geoff Mick Alison Simon	Geoff Mick AN Other Paul	Geoff Mick Alison Simon	Geoff Mick Alison Paul	