

EXTRA TRAINING



Additional training has been arranged for **“A” TEAM swimmers** representing the club at matches in the North Lancs. League and the MicroLeague **THIS YEAR.**

Sessions will commence on Wednesday **31st March 2010** and will take place at the **Lancaster University Pool** from 8.30 – 9.30 pm.

Initially, there will be only 2 lanes available, so please consult your Coach before attending.

These sessions are only to be attended for *extra* training. They are **NOT** intended as alternative sessions.

Andi Daykin