



## Changes to Training May 2017

**SER Age 27-28<sup>th</sup> May (FW?) & Cardiff International 26-28<sup>th</sup> May (AB ,ZL, KF)**

Day	Time	Squad	Venue	Lanes	Coach	Pool/ Land
<b>Friday 26<sup>th</sup> May</b>	5:30 - 7:30	Any RPA / NPD RPY / NPA swimmers not doing Cardiff	OH	6	LO / FW	Pool
	<b>No morning training at Leys</b>					
	17:00 - 18:00	Ac4	Leys	2	LO	Pool
	18:00 - 18.30	Ac4	Leys		LO	Land
	17:00 - 18:30	Ac3 / CDAB / CDAG not attending Cardiff or SER	Leys	4	GC / LB	Pool
	18.30 – 19:00	CDAB / CDAG	Leys		GC	Land
	18.00 - 18:30	Any RPY / CDY / RPA / NP / Ac1 swimmers not doing Cardiff or SER	Leys		LO	Land
	18.30 - 20:30	Any RPY / CDY / RPA / NP / Ac1 swimmers not doing Cardiff or SER	Leys	6	LO / LB	Pool
	<b>No training at Oxford High</b>					
<b>Saturday 27<sup>th</sup> May</b>	6.30 - 8.00	Masters	Leys	2		Pool
	6.30 - 8.00	NP / RPY/CD	Leys	2	LO	Pool
	<b>All training and lessons at Headington cancelled – pool closed for maintenance</b>					
<b>Sunday 28<sup>th</sup> May</b>	8:00 – 9:00	CDF	Leys	FUSION		Pool
	16:00 - 17:00	Ac4 / RSG / RSS	Leys	6	LB / LO	Pool
	17:00 - 17:30	Ac4	Leys		LO	Land
	16:30 - 17:00	Ac1 / CDAG	Leys		GC	Land

	17:00 - 18:30	Ac1/ Ac2 + those from CDAB / CDAG / RPA not attending Cardiff or SER	Leys	6	GC / LO / LB	Pool
	18:30 - 19:00	Ac2 / RPA / CDAB	Leys		GC	Land
	18:00 - 18:30	Ac3	Leys		LO	Land
	18:30 - 20:00	Ac3	Leys	2	LB	Pool
	18:30 - 20:00	CD + those from CDY / RPY / NP not attending Cardiff or SER	Leys	4	LO	Pool
	19:00 - 20:30	Masters	Oxford High	6	ZL	Pool
	No training at Oxford High					
	Oxford High Closed No Morning Training at either Oxford High or Leys All other sessions cancelled					
<b>Monday 29<sup>th</sup> May Bank Holiday</b>	17:00 – 17:30 17:30 – 19:30 19:30 – 19:45	NPK / NPA / NPD who usually train Monday evening	Leys	TBC 6	AB/KF	Land Pool Post pool
	All other sessions run as normal					
<b>Tuesday 30<sup>th</sup> May</b>	6:30 – 8:00	Ac1 / Ac2 / Ac3	Oxford High	6	LB	Pool
	9:00 – 9:45	Rising Stars Bronze	Leys	4	LB	Pool
	9:45 – 10:30	Rising Stars Silver and Gold Saturday morning swimmers only	Leys	4	LB	Pool
	All other sessions run as normal					
<b>Wednesday 30<sup>th</sup> May</b>	All sessions run as normal					
	All other sessions run as normal					
<b>Thursday 1<sup>st</sup> May</b>	6:30 – 8:00	Ac1 / Ac2 / Ac3	Oxford High	6	LB	Pool
	All other sessions run as normal					