

November Alterations

Date	Squad	Alteration/Cancellation	Alteration Time
Saturday 4 th	P1, P2, National and Jo 1	Cancelled Competing	
	Jo2 Red and Black	Main pool s/c	05.30 - 07.30
Monday 6 th	P1, P2 and National	AM session cancelled PM session normal	
Saturday 11 th	P1, National, Jo 1 & Jo 2 Red	S/c session Main pool	06.00 - 08.00 Please be aware of later start time
	Jo 2 Black	Normal training time	Leisure pool
Friday 17 th	All squads	Training at Ponds PM training cancelled due to an event see alteration	
	P1 and National	s/c session due to event	05.30-07.30
	P2	Cancelled competing	
	Jo 1	s/c session due to event	05.30-07.00
	Jo 2	Red and Black Combined	06.00-07.00 Dive Pit
Saturday 18 th	P1, National & Jo 1	S/c session due to event	05.30 - 07.30
	Jo 2 Black	Main pool s/c session	05.30 - 07.30
	Jo2 Red	Dive Pit	05.30-07.20
Monday 20 th	P2	AM session cancelled PM session normal	
Saturday 25 th	Jo 1 Jo 2 Red and Black	Cancelled competing	
	Jo 3	Relocated to Ponds Forge (comp pool)	06.30-07.30