



BOBCATS SESSIONS 2011
w/c 25th April 2011

- Monday:** 5.30 - 7.00
7.00 - 7.20 Abdominal & Shoulder Training (poolside)
17:30 - 19:30
14's and over gym session 19:45 - 20:45
- Wednesday:** 5.30 - 7.00
7.00 - 7.20 Abdominal & Shoulder Training (poolside)
17:30 - 19:30
14's and over gym session 19:45 - 20:45
- Friday:** 5.30 - 7.00
7.00 - 7.20 Abdominal & Shoulder Training (poolside)
17:30 - 19:30
14's and over gym session 19:45 - 20:45
- Sunday:** 6.45 - 8.45
Land training 9.00 - 10.00

All sessions are at St Peter's Centre Morning sessions must enter through the staff entrance at the rear of the building.

All swimmers are expected to be on the poolside 5 minutes before each session

All swimmers must attend feeder club sessions frequently.