

Portsmouth Northsea Swimming Club
 Mountbatten Sports Centre, Alexandra Park,
 Portsmouth, Hampshire PO2 9QA
 Tel: 02392 650242



Monday 18th December until Saturday 23rd December 2017

Morning sessions are as normal, with one exception - Thursday 21st December there will be no morning session.

All sessions are held at the Mountbatten Centre unless otherwise noted

Day	Junior Performance	Potential 1	Gold	Silver	Bronze/Pot 2	Club
Mon 18 th Dec	Landwork 17:00-17:30 Swim 17:30-19:00		Swim 16:00-17:30	16:00-17:00		
Tues 19 th Dec	Swim 17:30-19:00	Swim 17:30-19:00	16:00-17:30		17.30-18.30 Bronze @ St Eds 18.30-19.30 Pot2 @ St Eds	19:00-20:00
Wed 20 th Dec	N/A	16:00-17:30	N/A	17:30-19:00	17.30-18.30 Bronze @ St Eds 18.30-19.30 Pot2 @ St Eds	
Thur 21 st Dec	Class/Landwork 17:00-17:30 Swim 17:30-19:00		Swim 16:00-17:30 Landwork 17:30-18:30			
Fri 22 nd Dec	FUN SESSION*	FUN SESSION*	FUN SESSION*	FUN SESSION*	06:00-07:00 PM = FUN SESSION*	FUN SESSION*
Sat 23 rd Dec	05:15-08:00	07:00-09:00	05:15-08:00	05:15-08:00	15:00-17:30	

ALL OTHER SQUADS TRAIN AS NORMAL DURING THIS PERIOD

FRIDAY 22ND DECEMBER = FUN SESSIONS

16.00 – 17.00 – Dolphins, Academies, Foundation

17.00 – 18.00 – Senior Performance, Junior Performance & Potential

18.00 – 19.00 – Silver & Gold

19.00 – 20.00 - Bronze, Potential 2, Club & Tri Squads