

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



Christmas Week Training 2017

Day	Performance/ Junior performance/ Potential 1	Masters	Gold/Silver	Bronze	Potential 2 and club	Foundation squads/Aca demies	Dolphins (both squads)	Tri Squad
Wednesday 27 th Dec	05:15-07:15	05:15- 07:15	17:00-19:00		06:00-07:00	16:00-17:00		
Thursday 28 th Dec	17:00-19:00		05:15-07:15	16:00- 17:00	17:00-18:00		16:15-17:00	Run at QEP 10- 11.30am (Emma will provide further info)
Friday 29 th Dec	05:15-07:15	05:15- 07:15	17:00-19:00	06:00- 07:00		16:00-17:00		7 – 8am Swim
Saturday 30 th Dec	05:15-07:15		05:15-07:15					