

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



CHRISTMAS TIMETABLE

Monday 24th December 2018 until Sunday 6th January 2019

All sessions are held at the **Mountbatten Centre** unless otherwise noted

Day	National Squad / Senior Performance	Junior Performance/ Potential 1	Masters	Junior Competitive/ Junior Development	Junior 1, 2 & 3	Potential 2 and Club Squads	Mountbatten and Eastney Academy Squads	Dolphins (both squads)
Monday 24 th Dec	0515-0715				No Training			
Tuesday 25 th Dec	No Training							
Wednesday 26 th Dec	No Training							
Thursday 27 th Dec	17:00 – 19:00	05:15-07:15	05:15-07:15	17:00-19:00		06:00-07:00		16:00-17:00
Friday 28 th Dec	05:15-07:15	17:00-19:00		05:15-07:15	16:00-17:00	17:00-18:00	16:00-17:00	
Saturday 29 th Dec	Normal training							

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Day	National Squad / Senior Performance	Junior Performance/Potential 1	Masters	Junior Competitive/Junior Development	Junior 1, 2 & 3	Potential 2 and Club Squads	Mountbatten and Eastney Academy Squads	Dolphins (both squads)
Sunday 30 th Dec	No Training							
Monday 31 st Dec	05:15-07:15	05:15-07:15					16:00 – 17:00 MBC	
Tuesday 1 st Jan	No Training							
Weds 2 nd Jan	0515-0715	0515-0715		16:00 – 18:00	18:00 – 19:00	19:00 – 21:00		
Thurs 3 rd Jan	05:15-07:15 17:00 – 19:00	1015-1200 (HMS Temeraire)	05:30-07:00	0515-0715	17:30 – 19:00			16:00-17:00
Fri 4 th Jan	17:00 -19:00	05:15-07:15 1700-1900	05:30-07:00 20:00-21:00	1015-1200 (HMS Temeraire)		1900-2000 Pot 2 2000-2100 Club	16:00-17:00 MBC	
Sat 6 th Jan	Normal training							