

RADS SUMMER SWIM TIMES 2017

LAST SATURDAY AM FOR JAMES GROUP 22ND JULY

LAST SUNDAY SESSION 23RD JULY

LAST FRIDAY AM SESSION 28TH JULY

MASTERS ONLY ON A SATURDAY THROUGHOUT AUGUST

MORNING TRAINING FOR AUGUST AS FOLLOWS:-

TUESDAY AND THURSDAY ONLY 5.30AM – 7AM

SWIM TIMES FOR AUGUST AS FOLLOWS:-

IMPROVERS 6PM – 6.30PM

TEACHING POOL 6.30PM – 7PM

EDDIE'S & JUNIOR SQUAD 6.30PM – 7.15PM

SENIORS 7.15PM – 8.15PM

MASTERS 8.15PM – 9.15PM

MONDAY 4TH SEPTEMBER NORMAL SWIM TABLE RESUMES