Pool Closure Programme 2019 Intermediates

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
September	**2nd**	**3rd**	**4th**	**5th**	**6th**	**7th**	**8th**
	Dryland WW 5-6pm	Dryland WW 5-6pm	Dryland WW 5-6pm Normal at Glenfield 4-5pm & 5-6pm	Dryland WW 5-6pm Normal at Glenfield 5 - 6 pm	Normal at Glenfield 5-6pm	Dryland WW 10-11am	
September	**9th**	**10th**	**11th**	**12th**	**13th**	**14th**	**15th**
	Dryland WW 5-6pm	Dryland WW 5-6pm	Dryland WW 5-6pm Normal at Glenfield 4-5pm & 5-6pm	Dryland WW 5-6pm Normal at Glenfield 5 - 6 pm	Normal at Glenfield 5-6pm	Dryland WW 10-11am	
September	**16th**	**17th**	**18th**	**19th**	**20th**	**21st**	**22ns**
	Dryland WW 5-6pm	Dryland WW 5-6pm	Dryland WW 5-6pm Normal at Glenfield 4-5pm & 5-6pm	Dryland WW 5-6pm Normal at Glenfield 5 - 6 pm	Normal at Glenfield 5-6pm	Dryland WW 10-11am	
September	**23rd**	**24th**	**25th**	**26th**	**27th**	**28th**	**29th**
	No Training this week	No Training this week	No Training this week	No Training this week	No Training this week		