



BLUEFINS XMAS TRAINING ALTERATIONS

DISABILITY SQUADS:

Last training session before Christmas will be Friday 22nd December, resume back as normal on Sunday 7th January.

WATERPOLO:

Last training session before Christmas will be Friday 22nd December, resume back as normal on Tuesday 2nd January.

SQUADS:

Saturday 23rd December:

Training as usual except Performance Squad will train at Aquadrome 9.30 – 11.00 am (Aldershot Closed)

Sunday 24th to Wednesday 27th December inclusive

Training cancelled for all squads

Thursday 28th December

A & B Squad morning session is 6.00 – 7.30 am @ Aquadrome

Performance PM training as usual

Friday 29th December

All squads as usual, however please note the training sessions at Aquadrome will **start/finish 30 minutes earlier than usual.**

Saturday 30th Dec

No Training for A & B Squads (Pool closed)

Normal training for Dev 1, Junior Club, Academy & "C" Squad

Performance train 9.30 – 11.00 am @ Aquadrome (Aldershot closed)

Sunday 31st December & Monday 1st January

Training cancelled for all squads

Normal training resumes for all squads on Tuesday 2nd January EXCEPT no training for A Squad on Tuesday morning (2nd) and no training for Junior Club on Wednesday 3rd January (Cranbourne closed)