



Senior Squad Schedule Christmas 2009

Senior Squad sessions finish on 23rd of December. The following is the schedule for training over the Christmas period. All of these sessions are in the N.A.C.

| Date | Time |
|---------------------------------|---------------------------------|
| December 28th | 8 – 10 am & 4 – 6 pm |
| December 29th | 8 – 10 am & 4 – 6 pm |
| December 30th | 8 – 10 am & 4 – 6 pm |
| December 31st | 8 – 10 am |
| January 2nd | 8 – 10 am & 4 – 6 pm |
| January 3rd | 8 – 10 am |

Have a Happy Christmas and a peaceful New Year.