








## Training over the Festive Period 2019/20

	Last week of term (16 Dec - 22 Dec)	Christmas Week (23 Dec - 29 Dec)	New Year Week (30 Dec - 5 Jan)
Monday	Pool session as usual	Pool session 9.00 - 10.00am	 <b>Pool Session 9.00 - 10.00am</b> <i>followed by</i> <b>OUR ANNUAL FAMILY GAMES CHALLENGE</b> with festive mulled drink & mince pies <b>ALL family/supporters welcome!</b> <i>(see below...)</i> 
Tuesday			Hogmanay
Wednesday	Pool session as usual <b>12-and-overs</b>	 Xmas Day 	New Year's Day
Thursday		Boxing Day	
Friday	Both gym and pool session as usual	No training (pool closed)	Both gym and pool session as usual
Saturday	 <b>BAG PACK</b> AT TESCO'S <i>Every little helps!</i>		
Sunday	We have been invited to the <b>Forres Bluefins Christmas Cracker</b> 1.00-5.00pm: 50m freestyle handicap races <i>(see our facebook page for more information)</i>		

**Notes:** **Saturday, 21st December** it's our **bag-pack**: smiles all round as we give a helping hand at those check-outs and raise some important funds for the club. *If you haven't done so already, please contact Carrie-Ann who is co-ordinating things [carrie.ward1978@hotmail.co.uk](mailto:carrie.ward1978@hotmail.co.uk).*

After a later than usual swimming session on **Monday, 30th December** to which any parent/supporter is welcome (chance to get an insight into what we do?), we are holding our **Annual Family Games** in the **Girls' Gym**: a fun-packed family competition that demands both brawn and brains, followed by alcohol free mulled drink and mince pies. Don't worry - apart from picking up the crumbs, it will be all over by 12.30pm. If the rest of your family can't make it, still come along and we will allocate you to a team. Is *your* family capable of taking this year's title? Really?? Then you'd better make sure you're there!