



ARTEMIS AQUATICS SWIM CLUB

Autumn HOLIDAYS TRAINING SCHEDULE 2024

WEEK 1	Mon 1st April	Tue 2nd April	Wed 3rd April	Thu 4th April	Fri 5th April	Sat 6th April
7.00am - 9.00am	Easter Monday NO TRAINING	Performance Senior Performance Junior Development Artemis Pool	Performance Senior Performance Junior Development Artemis Pool	Performance Senior Performance Junior Development Artemis Pool	Performance Senior Performance Junior Development Artemis Pool	Squad Break
PM	[No training scheduled for PM in Week 1]					
WEEK 2	Mon 8th April	Tue 9th April	Wed 10th April	Thu 11th April	Fri 12th April	Sat 13th April
AM	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Squad</p> <p>Training resumes</p> </div> <div style="text-align: center;"> <p>Break</p> <p>15th April</p> </div> </div>					
PM						