



March Marlins 2010 Summer Programme

Date	Session
<u>Friday 23rd July</u>	Finish swimming for summer with Nemo Gala 7.15 warm up
<u>Monday 26th July</u> 7pm till 8pm	Length swimmers and Squads Stroke technique and strength training
<u>Wednesday 28th July</u> 6:30 till 7:30pm 7:30 till 8:30pm	Width swimmers Butterfly /mini waterpolo Squads Technique and Finishes
<u>Monday 2nd August</u> 7pm till 8pm	Competitive Starts , endurance training Water polo (deep end)
<u>Wednesday 4th August</u> 6:30 till 7:30pm 7:30 till 8:30pm	Badge work and Water Safety Stamina work
<u>Monday 9th August</u> 7:00 till 8:00	Turns , Specific stroke work
<u>Wednesday 11th August</u> 6:30 till 7:30 7:30 till 8:30	Diving Mixed stroke Relays
<u>Monday 16th August</u> 7:00 till 8:00	Pace work , tug of war
<u>Wednesday 18th August</u> 6:30 till 7:30 7:30 till 8:30	Badge work / fun relays Sprint work ,/ waterpolo
<u>Monday 23rd August</u> 7:00 till 8:00	Turns and stroke work
<u>Wednesday 25th August</u> 6:30 till 7:30 7:30 till 8:30	Fun Splash Fun Splash
<u>Monday 30th August</u>	Bank Holiday Monday – Closed
<u>Wednesday 1st September</u>	Start Back Swimming as normal session

Pay as you go on night of swimming and pay - £2.50 per swimmer

Please see any member of the Committee for more details.