



Summer Shutdown Information

Last session: Sunday 6th August

First session back: Tuesday 29th August (see Pre-Season plans for more details)

No training on Monday 28th August for ANY squad due to Bank Holiday

Masters Boot Camp: Monday 7th – Sunday 27th August

Open to all swimmers in Masters and Club Squads.

Monday 20:00-21:30 QP

Tuesday 18:30-20:00 Staveley HLC

Thursday 20:00-21:30 QP

Saturday 06:00-07:30 QP

Sunday 18:30-20:00 QP

Junior Club Squad: Monday 7th – Sunday 27th August

Monday 20:00-21:30 QP

Friday 19:00-20:30 QP

Saturday 06:00-07:30 QP

Sunday 18:30-20:00 QP

Academy Squad: Monday 7th – Sunday 27th August

Monday 19:00-20:00 QP

Saturday 07:30-08:30 QP

Sunday 17:30-18:30 QP

Skills Clinics

Each clinic consists of 3 sessions and will focus on starts, turns and finishes.

Open to all swimmers in Academy, County, Regional and Junior Club Squads.

Low numbers to ensure quality coaching time for every swimmer. (Maximum 8)

Cost: £36 per person per week.

Note. Each week is the same, you only need to book on to one week but can do more if you wish.

Wednesday 17:30-19:00 QP

Thursday 18:30-20:00 QP

Friday 17:30-19:00

Week 1: 9th-11th August

Week 2: 16th-18th August

Week 3: 23rd-25th August

Contact Carla to book your place on carla@chesterfieldsc.co.uk or 07528 130 133.