

Rushmoor SSC December Schedule 2011

NOTES: Please read this schedule carefully. It's different to the usual schedule especially on Saturday 10th. More messages will be sent nearer the time about what is required for the rehearsal of the show once we are more into the show training.

Date	Location		What	Time	Who
Friday 2 nd					
Saturday 3 rd					
Sunday 4 th					
Tuesday 6 th	Farnborough	Pool	Christmas Show	7.30-9.00	All
Weds 7 th	Aldershot	Pool	Christmas Show	7.30-9.00	All
Friday 9 th	Sports park	Pool	Stamina	6.00-7.30 am	13+
Saturday 10 th	Spectrum	Pool	Technical elements	10.00-12.00	British Champs squad 2012
		Sports Park	Studio	Land	1.00-2.00
		Pool	Show	11.30-1.30	12&U's
				12.30-2.30	13/14's
				1.30-3.30	19&U's
				2.30-4.30	15/17's
			2.30-4.30	Easter Intake	
Sunday 11 th	Farnborough	Pool	Christmas Show	6.00-9.00	All
Tuesday 13 th	Farnborough	Pool	Christmas Show	7.30-9.00	All
Weds 14 th	Aldershot	Pool	Christmas Show	7.30-9.00	All
Friday 16 th	Sports park	Pool	Stamina	6.00-7.30 am	13+
	Spectrum	Pool	Technical work	10.00-11.30	British Champs squad 2012
Saturday 17 th	Sports Park	Pool	Show Rehearsal	11.30-4.30	ALL
Sunday 18 th	Sports Park				
Tuesday 20 th	Farnborough	Pool	Fun session	7.30-9.00	All

No Training because of

National Age Groups

Christmas Show 5-9