

WELLINGBOROUGH ASC - SUMMER 2019

LAST TRAINING SESSIONS BEFORE SUMMER

	Rushden	Sunday 21st July
	Performance (Wednesday)	Wednesday 24th July
	Scott Bader	Thursday 25th July
	Oundle	Friday 26th July

WASC SUMMER TIMETABLE

	28th July + 4th + 11th August		Waendel Leisure Centre	
Sunday	Development	Excel Junior + Training	Masters + Performance	Excel Senior
	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00

	29th July + 5th August		Waendel Leisure Centre	
Monday	Dev 2 + Training	Excel Junior	Performance	Excel Senior
	18:00-19:00	19:00-20:00	20:00-21:00	21:00-22:00

	1st + 8th August		Waendel Leisure Centre	
Thursday	Dev 2 + Training + Excel Junior		Performance + Excel Senior	
	20:00-21:00		21:00-22:00	

Tuesday and Thursday morning training will continue as normal until **Thursday 8th August**

Weekday morning sessions 13th + 15th + 20th + 22nd August will be **Masters only** from 0615-0700

Wednesday training for Masters will be **20:00-21:00** on **14th + 21st August**

Saturday morning training will be **Masters only** on **17th + 24th August**

NORMAL TRAINING TIMETABLE RESUMES 27th AUGUST