

# *Land based Training*



***ALL SQUADS***

***Thursday's 7:15 to 8:15 at Ramsey Gym.***

***STARTS JAN 12TH***

***SWIMMERS £3 PER SESSION – CASH PER SESSION PLEASE***

***Parents we would ALSO like to open this up to you. £3 PER SESSION or if you volunteer regularly you can train on us!***

***LAND BASED WILL ONLY OPERATE WITHIN TERM TIME***