



AFFILIATED TO S.E.R.A.S.A., K.C.A.S.A., M.A.S.A

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Summer swimming & land training changes

- Monday and Friday swimming for all squads will be at Cygnets between 7.35 and 9.35 from Monday July 26th until Monday 6th September.
- Tuesday swimming sessions will be from 7pm - 9pm at NWK from 27th July.
- Following 20th July, Tuesday land training will be cancelled until it resumes on 7th September.
- Following 18th July, Sunday land training will be cancelled until it resumes on 5th September.