

REVISED EDGBARROW TRAMPOLINE CLUB
SUMMER TRAINING SCHEDULE 2017
Saturday 22nd July to Sunday 3rd September inclusive

Training sessions over the summer will run the same as term time (five exceptions are listed below) and you do not have to sign for training.

You may not change your days and times over the summer holiday (unless specified below).

Exceptions to normal days/times are as follows:-

1. Monday to Friday 31st July to 4th August – the centre is closed for maintenance. Please attend sessions of your choice to replace those missed (except those on holiday that week or at the Algarve Camp).

2. Bank Holiday Monday August 28th - Training will be in the morning.

4.00pm groups please attend at 8.45am.

5.15pm groups please attend at 10.15am.

6.45pm and **2.00pm** groups please attend at 11.45am.

3. The 7.00am group on Wednesday mornings will not run during the holiday. Please attend another session of your choice each week over the holidays (except week day daytime 2.00pm or 9.00am).

4. Darryl's Saturday 12.15pm group should attend at 11.15am.

5. On the Saturday dates listed below there will be no Senior & Junior Elite training and all sessions will be run as listed. (All Junior Elite members should train on Session 1 and Senior Elite on Session 2. Nicks 9.15am group should attend Session 2):-

Session 1 - 8.15 to 10.00am

Session 2 - 9.45 to 11.30am

Session 3 - 11.15 to 1.00pm

Saturday 29th July

Saturday 5th August

Saturday 26th August

Saturday 2nd September

Other Saturday's for all will run as normal.

Elite sessions will not run on the following Monday's and Thursday's but session start times remain the same and run for 1.5 hours trampoline time.

Thursday 27th July

Monday 7th August

Monday 28th August (Bank Holiday)

Thursday 31st August

There will be full DMT provision over the holidays. All those who train DMT should see James for your training times.

'Elite Conditioning' will run as normal on Saturday at 1.00pm except on the Saturdays listed above. Please self lead your conditioning session at 1.00pm on these dates.

Normal conditioning will be held after sessions but may be self led.

NB The major difference during the Summer holiday time from normal term time is that you may not have your usual Primary Coach during the holiday period, but there will always be a coach present with the relevant qualification for your level.

We hope you all enjoy the summer break!

