



# Land Training Times

Micro Red & Black	4.15-4.45pm
Development & J. County	5.00-5.45pm
County	5.45-6.45pm

The coaches will be encouraging your children to attend this land-based work. They are excellent sessions designed by Andy to develop all round athleticism, coordination and motor skills. Parents - please encourage your children to attend.

**Train Hard  
Swim Fast**

