



# Long Course Training



**Hoddesdon SC** has booked more training dates where you will be able to train in the 50m Long Course pool in Basildon.

**Saturday, 11<sup>th</sup> February, 2012**

**16:30-18:30**

**Saturday 14<sup>th</sup> April, 2012**

**18:30-20:30**

**(Please note the later session time)**

**Saturday 12<sup>th</sup> May, 2012**

**16:30-18:30**

The dates in February, April and May will give those swimmers who have qualified at Regional Level the opportunity to experience the pool before their Championships in May and June 2012.

**Hoddesdon SC** has booked two lanes and therefore can take between 20-26 swimmers. Depending on the demand we may consider swimmers from Red Squad, so if you are interested please contact Janet on [janet.warrington965@gmail.com](mailto:janet.warrington965@gmail.com) in the first instance to confirm your interest.

There will be a cost of £10 per person per session to cover costs. Once you have had notification that you have a place booked. Cheques should be made payable to Hoddesdon S.C. and given to Kerry Freestone, Treasurer. Please write L.C. Training and the date of the session on the back of the cheque.

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