

50 Metre Pool Training

Liverpool Aquatic Centre
L15 4LE

Sandbach Sharks are please to confirm that we have secured Long Course training for 2106/17.

Training is open to all Seniors, JC3 and other by invite of the Head Coach.
Training will take place at Liverpool Aquatic Centre.

Training is at a cost of £2.00 per person per session payable on the night.

Please make sure you put your name on the list on the board a week before the session along with a contact number, should we not have enough swimmers per session the session/s will be subject to cancellation.

Day of Sessions	Saturdays	
	Dates	Time
Session 1	Saturday 8 th October	4.45 – 6.45 pm
Session 2	Saturday 12 th November	4.45 – 6.45 pm
Session 3	Saturday 3 rd December	4.45 – 6.45 pm
Session 4	Saturday 14 th January	4.45 – 6.45 pm
Session 5	Saturday 11 th February	4.45 – 6.45 pm
Session 6	Saturday 18 th March	4.45 – 6.45 pm
Session 7	Saturday 22 nd April	4.45 – 6.45 pm
Session 8	Saturday 13 th May	4.45 – 6.45 pm
Session 9	Saturday 10 th June	4.45 – 6.45 pm