



## Seahawks Christmas training hours

Normal timetable up to and including Thursday 23rd December

### December

24th	off	
25th	off	
26th	off	
27th	off	
28th	off	
29th	7-9am	5.30-7.00pm
30th	7-9am	5.30-7.00pm
31st	7-9am	

### January

1st	off	
2nd	off	
3rd		4-6pm
4th		4-6pm
5th	7-9am	5.30-7.00pm
6th	off	
7th	7-9am	

### 8-13<sup>th</sup> Marton Swim Camp

14th	off	
15th	7-9am	
16th	off	
17th	7-9am	5-7pm
18th	7-9am	5-7pm
19th	7-9am	
20th	8-9am	
21st	Wellington Champs	
22nd	Wellington Champs	
23rd	Wellington Champs	
24th	Wellington Champs	
25th	off	
26th	7-9am	5.30-7pm
27th	7-9am	
28th		5.30-7pm
29th	7-9am	
30th	off	

From Monday 31st back into normal Pirates timetable