

Programmes for January - April 2008

January

Friday 4 th	Distance / Sprints
Monday 7 th	Distance / Sprints
Friday 11 th	Individual Medley
Monday 14 th	Backstroke
Friday 18 th	Freestyle
Monday 21 st	Breaststroke
Friday 25 th	Starts
Monday 28 th	Turns

February

Friday 1 st	Butterfly
Monday 4 th	Butterfly
Friday 8 th	Breaststroke
Monday 11 th	Freestyle
Friday 15 th	Turns
Monday 18 th	Individual Medley
Friday 22 nd	Backstroke
Monday 25 th	Starts
Friday 29 th	Freestyle

March

Monday 3 rd	Backstroke
Friday 7 th	Individual Medley
Monday 10 th	Breaststroke
Friday 14 th	Distance
Monday 17 th	Butterfly
Friday 21 st	Bank Holiday
Monday 24 th	BH/Wulfrath Exchange
Friday 28 th	Wulfrath Exchange
Monday 31 st	Turns

April

Friday 4 th	Freestyle
Monday 7 th	Freestyle
Friday 11 th	Butterfly
Monday 14 th	Individual Medley
Friday 18 th	Turns
Monday 21 st	Distance
Friday 25 th	Breaststroke
Monday 28 th	Backstroke