

# Grove ASC Development

## 2019 Post Summer Calendar

Aug-19	
<b>19 Aug</b>	Freestyle Technique session
<b>22 Aug</b>	Freestyle Technique session
<b>26 Aug</b>	Freestyle Stamina session
<b>29 Aug</b>	Freestyle Stamina session
Sep-19	
<b>02 Sep</b>	Breaststroke Technique session
<b>05 Sep</b>	Breaststroke Technique session
<b>09 Sep</b>	Breaststroke Stamina session
<b>12 Sep</b>	Breaststroke Stamina session
<b>16 Sep</b>	Bank holiday: No session
<b>19 Sep</b>	Freestyle & Breaststroke stamina session
<b>23 Sep</b>	T20
<b>26 Sep</b>	T20
<b>30 Sep</b>	Backstroke Technique session
Oct-19	
<b>03 Oct</b>	Backstroke Technique session
<b>07 Oct</b>	Backstroke Sprints session
<b>10 Oct</b>	Backstroke Sprints session
<b>14 Oct</b>	October break: No session
<b>17 Oct</b>	October break: No session
<b>21 Oct</b>	October break: No session
<b>24 Oct</b>	Coaches choice session
<b>28 Oct</b>	Butterfly Technique session
<b>31 Oct</b>	Butterfly Technique session
Nov-19	
<b>04 Nov</b>	Butterfly Sprints session
<b>07 Nov</b>	Butterfly Sprints session
<b>11 Nov</b>	All strokes Time Trials
<b>14 Nov</b>	All strokes Time Trials
<b>18 Nov</b>	Turns & Starts: Club Champs preparation
<b>21 Nov</b>	Turns & Starts: Club Champs preparation
<b>25 Nov</b>	Sprints: Club Champs preparation
<b>28 Nov</b>	Sprints: Club Champs preparation
Dec-19	
<b>02 Dec</b>	Coaches Choice: Club Champs preparation
<b>05 Dec</b>	Coaches Choice: Club Champs preparation
<b>09 Dec</b>	Club Champs 2019
<b>12 Dec</b>	Club Champs 2019
<b>16 Dec</b>	Fun session
<b>19 Dec</b>	Fun session
<b>23 Dec</b>	Christmas break: No session