

**Mark Warner Swim Development Week - Levante - 14th September 2019**

Day	Group Level	Session	Time	Location
Saturday	All Swimmers	Introduction and meet with Norman Jones - group discussion, discussing aims and goals followed by social dinner (optional).	7pm	Meltmi Bar
Sunday	Beginners		9.15am	Indoor Pool
	Improvers		10.45am	Training Pool
	Advanced		4pm	Training Pool
Monday	Beginners		9.15am	Indoor Pool
	Improvers		10.45am	Training Pool
	Advanced		4pm	Training Pool
Tuesday	Beginners		9.15am	Indoor Pool
	Improvers		10.45am	Training Pool
	Advanced		4pm	Training Pool
Wednesday	All Swimmers	Rest Day		
Thursday	Beginners		9.15am	Indoor Pool
	Improvers		10.45am	Training Pool
	Advanced		4pm	Training Pool
Friday	Beginners		9.15am	Indoor Pool
	Improvers		10.45am	Training Pool
	Advanced		4pm	Training Pool
Saturday	All Swimmers	Debrief and thanks from Coach.	10am	Beach Bar

Duration
1hr Per Group
1hr Per Group
1hr Per Group
1hr Per Group
1hr Per Group