/LAND TRAINING SUPERVISION LISBURN CITY SWIMMING CLUB

National Junior Squad – - Parents are responsible for covering/swapping any supervision slots they are unable to attend

**LAND TRAINING TUESDAY & THURSDAY WITH TOM**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Week Commencing | **TUESDAY**  **5:30-6:30** | Supervisor | Place | **THURSDAY**  **4:30-5:30** | Place | Supervisor |
| 31/12/2018 | Tuesday | McKEOWN | WEIGHTS Room | Thurs | WEIGHTS Room | REGISTE |
| 07/01/2019 | Tuesday | POOTS | WEIGHTS Room | Thurs | WEIGHTS Room | MULLHOLLAND |
| 14/01/2019 | Tuesday | SMYTH | WEIGHTS Room | Thurs | WEIGHTS Room | McNAMARA |
| 21/01/2019 | Tuesday | REGISTE | WEIGHTS Room | Thurs | WEIGHTS Room | POOTS |
| 28/01/2019 | Tuesday | MULLHOLLAND | WEIGHTS Room | Thurs | WEIGHTS Room | SMYTH |
| 04/02/2019 | Tuesday | McNAMARA | WEIGHTS Room | Thurs | WEIGHTS Room | McKEOWN |
| 11/02/2019 | Tuesday | POOTS | WEIGHTS Room | Thurs | WEIGHTS Room | MULLHOLLAND |
| 18/02/2019 | Tuesday | SMYTH | WEIGHTS Room | Thurs | WEIGHTS Room | REGISTE |

“Swim Ireland has a policy that NO individual should be alone with a child and ALL pool and dry land training sessions MUST be supervised”

Swim Ireland Safeguarding Children 2010– Policies and Procedures page 36 [www.swimireland.ie](http://www.swimireland.ie/)