

Goalspecific Training: November 2017

DATES	SESSION	LOCATION / PRICE
10 week Saturday block: Starts 18 th Nov – (16 th dec. no session) - 27 th Jan 2018	4-5pm: Swim squad: 12 places.	Purbeck Sports Centre: £85 for the block.
10 week block: Starts Tuesday 14 th Nov (no session 19 th dec) 2017 – 23 rd Jan 2018	8:30-10pm: Swim Squad: 12 places	Purbeck Sports Centre: £90 for the block.
10 week block: Starts Thursday 16 th November (no session 21 st Dec) 2017 – 25 th Jan 2018	9-10pm: Swim Squad: 12 places	Purbeck Sports Centre: £85 for the block
9 Week block: Starts Monday 13 th November 2017 (no session 19 th Dec or 25 th dec) – 22 nd Jan 2018	6-7.30pm: Turbo Session: 8 places	Purbeck Sports Centre: Goalspecific Room (£45)
10 Week block: Starts Thursday 16 th November (no session 21 st Dec) 2017 – 23 rd Jan	7-8:30pm: Turbo session: 8 places	Purbeck Sports Centre: Goalspecific Room (£50)
Starts 9 th September every week	5.15-6pm: Strength and Conditioning ****	Purbeck Sports centre: Goalspecific Room

*** GOALSPECIFIC ATHLETE DISCOUNTS APPLY – PLEASE SEE YOUR TRAINING PACKAGE DISCOUNTS

<http://www.goalspecificcoaching.com/services/>

**** Free to GS athletes on Level 3