

CoCSC Pool Training Timetable 2020/2021: Pool sessions starting Tuesday PM 31st August 2021

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance Squads							
Performance 1	05:15-07:00 P		05:15-07:00 P		05:15-07:00 P	08:00-10:30 P	
S&C	***18:00-19.00	18:15-20:15 P	17:00-19:00 P	17:00-19:00 P	17:00-19:00 P		
		17:00-18:00 P	16:00-17:00 P			06:45-07:45 P	
Performance 2			05:30-07:00 P		05:30-07:00 P	06:00-08:00 P	
S&C	***18:00-19.00	18:00-19:30 P	19:00-20:30 P		17:00-18:30 P		16:00-17:30 P
			**17:00-18:00			08:30-09:30 P	
Performance 3	05:45-07:00 P					06:30-08:00 P	
S&C	***18:00-19.00	19:30-20:30 P		19:00-20:00 P	18:30-19:30 P		16:00-17:30 P
				**17:00-18:00			15:00-16:00 P
Academy Squads							
Academy 1		17:00-18:00 P		19:00-20:00 P	19:30-20:30 L		18:30-19:30 L
Academy 2	18:30-19:30 L		18:15-19:15 L				17:30-18:30 L
Academy 3		19:30-20:30 L			18:30-19:30 L		
Pathway Squads							
Gold		1830-19:30 L					16:00-17:00 A
Silver				18:15 - 19:00 P			
Bronze				18:15- 19:00 P			
Club Squads							
Club 1	19:30-20:30 L		19:15-20:15 L	06:00-07:00 L			
Club 2		20:00-21:00 A		06:00-07:00 L			
S&C C1 + C2	***18:00-19.00				20:30-21:30 L	**18:00-19:00	
Masters 1	***18:00-19.00	06:00-07:00 L	20:30-21:30 P	20:00-21:00 P		06:30-08:00 A	17:30-19:00 P
Masters 2	***18:00-19.00	06:00-07:00 L	20:30-21:30 L	20:00-21:00 P		06:30-08:00 A	17:30-19:00 P
S&C M1 + M2					**18:00-19:00		
Para Swimming							
Para 1		19:00-20:00 A		19:00-20:00 A			17:00-18:00 A
Para 2							17:00-18:00 A
Para 3				18.10-18.40 P			
Water Polo Squads							
Water Polo Men				21:00:22:00 P			19:00-20:00 P
Water Polo Mixed	20:30-21:30 L			*21:00:22:00 P			
Water Polo Women	20:30-21:30 L						
Water Polo Junior			20:15-21:30 L				
S&C	***18:00-19.00				**18:00-19:00		
University Squads							
Uni 1	***18:00-19.00	16:00-17:00 P	15:30-17:00 P	16:00-17:00 P	19:30-20:30 P		14:00-15:00 L
Uni 2	***18:00-19.00		15:30-17:00 P	20:00-21:00 A			13:00-14:00 L

* WP - Men & Women Mixed Session
 ** Online S&C Session
 *** Club Yoga

P = Parkside
 L = Leys
 A = Abbey

Pre-Pool before sessions for Performance Squads is compulsory, unless it has been completed, the swimmer will not be allowed to enter the session.