



**CITY OF SOUTHAMPTON
SWIMMING CLUB**

DEVELOPMENT Squad

29 Nov – 5 Dec 2021

SESSION START TIME		
Please arrive 10 minutes before these times for Registration		
Day	AM	PM
Monday		
Tuesday	5.15 - 7.15 am Swim at Quays	4.30 -5.30 pm Zoom Land Training 7.00 – 8.00 pm Swim at Jubilee
Wednesday		
Thursday	5.15 – 7.15 am Swim at Quays	6.00 – 7.00 pm Swim at Quays
Friday		
Saturday	8.00 – 9.00 am Swim at Quays	
Sunday		

Zoom Land Training all squads –code same as last week. Dumbbells and mats needed

Kit: Bring mesh bag of training equipment – List is on website under Training. If you need any kit please refer to Club Shop page on website.

Reminder: please do not be late for sessions especially in the mornings. Arrive in plenty of time for registration and to get ready before session start time.

David Terry
Head Coach