



**CITY OF SOUTHAMPTON  
SWIMMING CLUB**

## **JUNIOR COUNTY Squad**

**29 Nov – 5 Dec 2021**

<b>SESSION START TIMES</b>		
Please arrive 10 minutes before these times for Registration		
<b>Day</b>	<b>AM</b>	<b>PM</b>
Monday	5.15 - 7.15 am Swim at Quays	
Tuesday	5.15 - 7.15 am Swim at Quays	4.30 – 5.30 pm Zoom Land Training
Wednesday		6.45 - 7.45 pm Swim At Quays
Thursday	5.15 - 7.15 am Swim At Quays	4.30 – 6.00 pm Swim at Quays
Friday		7.15 – 8.15 pm Swim at Quays
Saturday	7.00 – 07.45 am LT – Studio 8.00 – 9.00 am Swim At Quays	
Sunday		

Portsmouth 800m/1500m – 3<sup>rd</sup> December for those entered.

Zoom Land Training – code same as last week

LT in Studio – please bring mat and dumbbells.

Kit: Please bring mesh bag of training equipment to swimming. 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