



**CITY OF SOUTHAMPTON
SWIMMING CLUB**

National Regional Squad 29th Nov to 5th Dec 2021

SESSION START TIMES Please arrive 10 minutes before these times for Registration		
Day	AM	PM
Monday	5.15 - 7.15 am Swim At Quays	6.30 to 8.30 pm Swim At Quays
Tuesday	5.15 - 7.15 am Swim At Quays	4.30-5.30 pm Zoom Land Training
Wednesday	5.15 – 6.15 am LT poolside 6.15 – 7.15 am Swim at Quays	
Thursday	5.15 - 7.15 am Swim at Quays	4.30 – 6.30 pm Swim at Quays 6.30 – 6.55 pm Post Pool Land
Friday	5.15 – 7.15 am Swim at Quays	
Saturday	6.00 – 8.00 am Swim at Quays 8.00 – 8.25 am Post pool LT	
Sunday		

Portsmouth 800m Friday 3rd December – if attending rest on Friday morning.

Zoom Land Training – code same as last week

Land training poolside – bring skipping ropes, mats and dumbbells

Kit: Please 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