



**CITY OF SOUTHAMPTON  
SWIMMING CLUB**

## **PIRANHAS Squad**

**29 Nov – 5 Dec 2021**

**All swimming training is at The Quays**

<b>SESSION START TIME</b>		
Please arrive 10 minutes before these times for Registration		
<b>Day</b>	<b>AM</b>	<b>PM</b>
Monday		
Tuesday		<b>6.30 - 7.30 pm Swim At Quays</b>
Wednesday		
Thursday		<b>6.30 - 7.30 pm Swim At Quays</b>
Friday	<b>6.00 - 7.00 am Swim At Quays</b>	
Saturday	<b>7.00 - 8.00 am Swim At Quays</b>	
Sunday		

Zoom Land Training for all squads on Tuesday pm – code same as last week

Kit – water bottle, goggles, swim hat, fins (on Friday) Full list is on the website under Training. If you need anything please refer to the Club Shop page on [www.cossc.org](http://www.cossc.org).

Reminder: Please do not be late for sessions, especially in the mornings. Arrive in plenty of time for registration and getting ready before the session start time.

David Terry  
Head Coach