



**CITY OF SOUTHAMPTON
SWIMMING CLUB**

SENIOR TRAINING Squad

29 Nov to 5 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		
Thursday	5.15 - 7.15 am Swim at Quays	4.30 – 6.30 pm Swim At Quays 6.30 – 6.55 pm LT poolside
Friday		
Saturday	6.00 – 8.00 am Swim at Quays 8.00 – 8.25 am Post Pool LT	
Sunday		

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

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