

# CoStA City of St Albans Amateur Swimming Club



## Training Schedule. From 1<sup>st</sup> February 2022 inc. (V8: amended 28<sup>th</sup> Jan)

		Pre-Club	Junior 1	Junior 2	Junior 3	Junior 4	Senior Dev	Senior Perf	Masters
SUNDAY		Group 1: 16:00-16:55 (SRA) Group 2: 18:00-18:55 (WML-TP)	18.00-19:00 (WML)	18.00-19:00 (WML)	18.00-19:00 (WML)	16:30-18:30 (SAS)	19.00-20:00 (WML)	18:30-20:30 (SAS)	19.00-20:00 (WML 4 Lanes)
MONDAY	AM							06:00-07:30 (SAS)	
	PM			19:15-20:10 (WML)	19:15-20:10 (WML)	20.10-21:05 (WML)	20.10-21:05 (WML)	18:30-19:30 (SAS)	21.05-22:00 (WML 8 Lanes)
TUESDAY	AM				06:00-07:30 (SAS)	06:00-07:30 (SAS)			
	PM					18:30-19:30 (SAS)		19:30-21:30 (SAS)	
WEDNESDAY			18:00-19:00 (HS)	18:45-19:45 (WML)	18:45-19:45 (WML)	20:00-21:00 (SAS)	19:45-20:45 (WML)	18:30-20:00 (SAS)	21.00-22:00 (SAS)
THURSDAY	AM						06:00-07:30 (SAS)	06:00-07:30 (SAS)	
	PM					18:30-19:30 (SAS)		19:30-21:00 (SAS)	20.30-21:30 (WML 6 Lanes)
FRIDAY	AM			06:00-07:30 (SAS)		06:00-07:30 (SAS)			
	PM				18:30-19:30 (SAS)		18:30-19:30 (SAS)		
SATURDAY								<b>From 12<sup>th</sup> Feb 2022:</b> 08:00-10:00 LC training (INS)	

All swimmers are reminded that these are session 'start times'. We ask that all swimmers are prompt poolside.  
 SRA = Samuel Ryder Academy WML = Westminster Lodge INS = Inspire, Luton, SAS = St Albans School, HS = St Albans High School for Girls.  
 Please arrive poolside 5 minutes before your session start