

CWSC - Kensington Squads Training Schedules

	TUESDAY	THURSDAY	SUNDAY
Pool	Kensington	Kensington	Kensington
Red		18:15-18:45 (Teaching pool)	
Orange		18:15-18:45 (Teaching pool)	
Yellow		18:45-19:45 (Teaching pool)	17:00-18:00
Blue		17:00-18:00	18:00-19:00
Black	17:00-18:00	17:00-18:00	19:00-20:00

PLEASE NOTE:

DROP OFF - Swimmers should be poolside, ready to swim, 5 minutes before their session starts.

PICK UP - Swimmers should be picked up promptly. Coaches may not be able to wait and young swimmers should not be waiting unattended.

HYDRATION - Swimmers should drink water only during training sessions. No fizzy, sports or caffeinated drinks

Red and Orange Hats swim once a week

Yellow and Blue Hats swim twice a week

Black Hats swim three times a week