

CWSC - Queen's Park Squads Training Schedules

	WEDNESDAY	THURSDAY	SUNDAY
Pool	Moberly	Moberly	Moberly
Red			17:00-17:30 (Teaching pool)
Orange			17:30-18:00 (Teaching pool)
Yellow		18:00-19:00	17:00-18:00
Blue		18:00-19:00	17:00-18:00
Black	19:30-20:30	19:00-20:00	17:00-18:00

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