

## CWSC - Silver and Bronze Squads Training Schedules

	TUESDAY	THURSDAY	SUNDAY
Pool	Queen Mother	Porchester	Porchester
Bronze	17:30-18:30	18:00-19:00	08:00-09:00

	FRIDAY	SATURDAY	SUNDAY
Pool	Queen Mother	Marshall St	Porchester
Silver	Water Polo*: 20:00-21:00	14:30-15:30	09:00-10:00
	Swim: 20:00-21:00		

### 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