

## CWSC - Advanced and Regional Development Squads Training Schedules

	MONDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
Pool	Moberly	Moberly	Moberly	Queen Mother	Moberly
Advanced Development North	19:00-20:30	18:30-20:30	19:00-20:30	17:00-19:00	18:00-20:00

	MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
Pool	Porchester	Queen Mother	Queen Mother	Queen Mother	Moberly
Advanced Development South	18:00-20:00	18:00-20:00	06:00-07:00	17:00-19:00	18:00-20:00

	MONDAY	FRIDAY		SATURDAY	SUNDAY
Pool	Kensington	Queen Mother		Marshall St	Queen Mother
Regional Development	20:00-21:00	Water Polo* 19:00-20:00	Swim 20:00-21:00	14:30-16:30	08:00-09:00

\* Selected swimmers.

### 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