

## CWSC - Holland Park Squads Training Schedules

	MONDAY	THURSDAY	FRIDAY	SUNDAY
Pool	Porchester	Porchester	Kensington	Chelsea
Yellow			19:00-19:45	16:00-17:00
Blue*			19:45-20:30	15:00-16:00
Black	18:30-19:30 (small pool)	19:00-20:00 (main pool)		16:00-17:00

### 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

**Yellow and Blue Hats swim twice a week**

**Black Hats swim three times a week**