

CWSC - Victoria Squads Training Schedules

| | WEDNESDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|------------------------------------|---------------------|------------------------------------|---------------------|
| Pool | Queen Mother | Queen Mother | Queen Mother | Queen Mother |
| Red | | | 15:00-15:30 | |
| Orange | | | 15:30-16:00 (A) 16:00-16:30 (B) | |
| Yellow | 17:00-18:00 (A) 18:00-19:00 (B) | | 15:00-16:00 (A) 16:00-17:00 (B) | |
| Blue | | 19:00-20:00 | | 09:00-10:00 |
| Black | 19:00-20:00 | 19:00-20:00 | | 10:00-11:00 |

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