

CWSC - Advanced and Regional Development Squads Training Schedules

	MONDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
Pool	Moberly	Moberly	Moberly	Kensington	Moberly
Advanced Development North	19:00-20:30	18:00-20:00	19:00-20:30	Land: 17:00-18:00	18:00-20:00
				Swim: 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	Land: 15:30-16:30	18:00-20:00
				Swim: 17:00-19:00	

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

* Selected swimmers.

Trials held at the start of each term

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