

CWSC - Chelsea Squads Training Schedules

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