

## CWSC - Victoria Squads Training Schedules

	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
Pool	Queen Mother	Queen Mother	Queen Mother	Queen Mother	Queen Mother
Red	17:00-17:30 (A)			15:00-15:30 (B)	
Orange	17:30-18:00 (A)			15:30-16:00 (B) 16:00-16:30 (C)	
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**