

CWSC - Gold, Silver and Bronze Squads Training Schedules - 1 November 2020 (*)

	WEDNESDAY	THURSDAY
	Tottenham Ct Rd	Tottenham Ct Rd
Bronze	17:30-18:30	18:30-19:30

	WEDNESDAY	THURSDAY	SUNDAY
	Tottenham Ct Rd	Tottenham Ct Rd	Porchester
Silver	18:30-19:30	17:30-18:30	08:00-09:30

	MONDAY	TUESDAY	THURSDAY	FRIDAY	SUNDAY
	Moberly	Tottenham Ct Rd	Kensington	Kensington	Queen Mother
Gold	20:30-21:30	17:30-18:30 (A) 18:30-19:30 (B)	20:00-21:00	20:00-21:00	11:00-13:00

PLEASE NOTE:

DROP OFF - Swimmers should arrive promptly and be 'pool ready'

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

(*) Sunday GOLD session at Queen Mother Sports Centre from 8th November.