

## CWSC - Holland Park Squads Training Schedules - From 1 November 2020

	MONDAY		WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
	Holland Park	Porchester	Holland Park	Holland Park	Porchester	Holland Park	Holland Park
Red							14:00-14:30
Orange							14:00-14:30 [A+D]
							14:30-15:00 [B+C]
Yellow		18:30-19:30 [A]		17:00-18:00 [A]	18:30-19:30 [B]		15:00 to 16:00 [B]
Blue*		19:30-20:30 [A]		17:00-18:00 [A]	19:30-20:30 [B]		15:00 to 16:00 [B]
Black	17:00-18:00		17:00-18:00			19:00-20:00	

### 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

**Red and Orange Hats swim once a week**

**Yellow and Blue Hats swim twice a week**

**Black Hats swim three times a week**