

CWSC - Kensington Squads Training Schedules - From 1 November 2020

	MONDAY	FRIDAY	SUNDAY
	Moberly	Kensington	Kensington
Red		18:15-18:45	
Orange		18:15-18:45	
Yellow		18:45-19:45	16:00-17:00
Blue		19:00-20:00	17:00-18:00
Black	19:30-20:30	18:00-19:00	18:00-19:00

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