

CWSC - Performance and Advanced Development Squads Training Schedules - 1 November 2020

	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	Latymer	Holland Park	Kensington	Queen Mother
Advanced Development 2	19:00-20:30	18:00-20:00	20:00-21:00	9:30-11:00

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Chelsea	Queen Mother	Latymer	Queen Mother	Queen Mother
Advanced Development 1	19:00-20:30	06:00-07:15	18:45-20:30	17:00-19:00	8:00-9:30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Queen Mother	Holland Park	Holland Park	Kensington	Kensington	Latymer *	Queen Mother
Regional Performance	06:00-07:15	17:00-18:00	18:00-20:00	18:00-20:00	18:00-20:00	7:15-9:00*	17:00-19:00

(*) Selected swimmers

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
	Holland Park	Holland Park	Chelsea	Queen Mother	Kensington	Holland Park	Latymer
National Performance	18:00-20:00	18:00-20:00	17:00-19:00	06:00-07:15	18:00-20:00	17:00-19:00	7:15-9:00

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