

CWSC - Queen's Park Squads Training Schedules - From 1 November 2020

	MONDAY	THURSDAY	SUNDAY	
	Moberly	Moberly	Moberly	Kensington
Red			14:30-15:00	
Orange			15:00-15:30	
Yellow		19:00-20:00		16:00-17:00
Blue		19:00-20:00		17:00-18:00
Black	19:30-20:30	19:00-20:00		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