

CWSC - Victoria Squads Training Schedules - From 1 November 2020

	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
	Queen Mother	Queen Mother	Queen Mother	Chelsea
Red			17:00-17:30	
Orange			17:30-18:00 (A)	
			18:00-18:30 (B)	
			18:30-19:00 (C)	
Yellow	18:15-19:00			13:00-14:00
Blue	19:00-20:00			14:00-15:00
Black	19:00-20:00	19:30-20:30		15:00-16:00

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