

Jan-22

Pools:

	West Hill Park		Mountbatten
	Fareham		Holly Hill

		Performance	Senior Competitive	Junior Competitive	Development	Foundation	Academy 2	Academy 1	Masters
Monday	AM								
	PM	1900 - 2100 FLC	1900 - 2100 FLC	1900 - 2100 FLC	1745 - 1915 WHP				1915 - 2100 WHP
Tuesday	AM								
	PM				1915 - 2100 WHP	1800 - 1915 WHP			
Wednesday	AM	0600 - 0730 HH	0600 - 0730 HH	0600 - 0730 HH					
	PM						1900 - 1945 WHP	1815 - 1900 WHP	1945 - 2100 WHP
Thursday	AM	0600 - 0730 FLC							
	PM	1830 - 2000 HH		1830 - 2000 HH		1700 - 1830 WHP			1930 - 2100 WHP
Friday	AM	0600 - 0730 HH* (Skills Session)	0600 - 0730 HH* (Skills Session)	0600 - 0730 HH* (Skills Session)	0600 - 0730 HH* (Skills Session)				
	PM	1900 - 2100 FLC	1900 - 2100 FLC		1830 - 2000 HH				
Saturday	AM	0600 - 0730 HH	0600 - 0730 HH	0600 - 0730 HH	0600 - 0730 WHP				
	PM								
Sunday	AM					0730 - 0900 WHP			
	PM	1730 - 1930 Mountbatten	1730 - 1930 Mountbatten	1730 - 1930 Mountbatten	1800 - 1930 WHP		1700 - 1800 WHP	1600 - 1700 WHP	1730 - 1930 Mountbatten

* Friday AM will be a skills session; each session will be totally dedicated to a different skills set.

Certain swimmers (identified by their coach) will be strongly advised to attend a session, depending on what they need to work on.

Other swimmers from these squads (including Senior Competitive), may attend if they wish.

If a swimmer attends, their attendance may go up, there will be no change in attendance for those swimmers not attending this session.