

Effective From May 10th 2004

Training timetable

Performance		Age	Commitment	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Girl/Boy	Sessions						
Group A	PA	Senior	8-10+	no swim	5-7pm Park	6-8pm Park	5-7pm Park	7.30-9pm Park	5-7pm Park
Group B	PB	Youth/age	8+	no swim	5-6.45pm Park	6-8pm Park	5-7pm Park	6-7.30pm Park	5-7pm Park
Group C	PC	Youth/age	7+	no swim	6.45-8.15pm Park	6-8pm Park	5-7pm Park	8-9pm Park	5-7pm Park
Group D	PD	Age	6+	5.30-7.30pm Park	5-6.45pm Park	6-8pm Park	7-8.30pm Park	7-8pm Park	no swim
Group E	PE	Youth/Senior	6+	5.30-7.30pm Park	7-8.15pm Park	6-8pm Park	7-8.30pm Park	8-9pm Park	no swim
Group F	PF	Youth	6+	5.30-7.30pm Park	7-8pm Leys	6-8pm Park	7-8.30pm Park	8-9pm Park	no swim
Group G	PG	Age	5+	5.30-7.30pm Park	6.45-8.15pm Park	6-8pm Park	7-8pm Leys	7-8pm Park	no swim
Group H	PH	Age	4+	5.30-7.30pm Park	no swim	6-8pm Park	7-8pm Leys	7-8pm Park	7-8pm Leys
Group I	PI	Youth	3+	5.30-7.30pm Park	no swim	6-8pm Park	no swim	8-9pm Park	no swim

Development		Age	Commitment	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Girl/Boy	Sessions						
Development Group A	DA	9-13/9-14	4+	6.30- 7.30pm Leys	**6-7pm Leys	no swim	7-8pm Leys	7-8pm Park	7-8pm Leys
Development Group B	DB	9-13/9-14	3+	6.30- 7.30pm Leys	6-7pm Leys	no swim	6-7pm Leys	6-7pm Park	6-7pm Leys
Development Group C	DC	9-13	3+	5.30-6.30pm Leys	no swim	no swim	6-7pm Leys	6-7pm Park	6-7pm Leys

Foundation		Age	Commitment	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Girl/Boy	Sessions						
Foundation Group A	FA	8-11	2+	5.30-6.30pm Leys	no swim	5-6pm Park	no swim	6-7pm Park	#6-7pm Leys
Foundation Group B	FB	7-11	1 / 2	***5-6pm Park	no swim	5-6pm Park	no swim	5-6pm Park	no swim

Club swimming		Age	Commitment	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Girl/Boy							
Club Group A	CA	14/15+	3+	7.30-8.30pm Park	#7-8pm Leys	8-9pm Park	no swim	8-9pm Park	no swim
Club Group B (2 swims a week)	CB	13/14+	2	7.30-8.30pm Park	no swim	no swim	no swim	8-9pm Park	no swim
Fitness 1 swim a week	CC	13+	1	7.30-8.30pm Park	no swim	no swim	no swim	no swim	no swim

Mornings from 10th May 2004

Monday	Tuesday	Wednesday	Thursday	Saturday
5.30-7am	5.30-7am	6-7.15am	5.30-7am	6-8am
Park	Park	Leys	Park	Park

Morning swimmers should check with coach before attending

Head Coach	Dave	07960 084634
Development	Jane	07748 360693
Foundation/Masters	Chris	07736 461755
Club Office		01223 446139

These sessions are only available to those invited to attend by your Coach

*** This session is **ONLY** for Foundation B for swimmers doing two sessions a week

**Some swimmers from the Dev squads will be invited to train with next group

Performance groups are subject to change throughout cycle

Watch out on noticeboard and on website for information on cancellations and changes

Have a look at www.CoCSC.org.uk

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