

CoCSC Training Timetable - July 2007

		Age	Attendance	Fees pm	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Performance		Girl/Boy								
Gold		Youth/age	7+	£44	5.30-7.30pm Park	5-7pm Park	6-8pm Park	5-7pm Park	Check Time with Coach	5-7pm Park
Silver		Youth/age	6+	£44	5.30-7.30pm Park	7-8.15pm Park	6-8pm Park	7-8.30pm Park	7-8pm Park	no swim
Bronze		Youth/age	5+	£44	5.30-7.30pm Park	7-8pm Leys	6-8pm Park	7-8pm Leys	7-8pm Park	7-8pm Leys
Platinum		Senior/Youth	4+	£44	5.30-6.30-7.30pm P	7-8pm Leys	6-7-8pm P	no swim	Check Time with Coach*	no swim

		Age			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Development		Girl/Boy								
Group A	DA	9-13/9-14	5	£39	6.30- 7.30pm Park	**6-7pm Leys	no swim	7-8pm Leys	7-8pm Park	7-8pm Leys
Group B	DB	9-13/9-14	4	£33	6.30- 7.30pm Park	6-7pm Leys	no swim	6-7pm Leys	6-7pm Park	6-7pm Leys
Group C	DC	9-13	3	£33	5.30-6.30pm Park	no swim	no swim	6-7pm Leys	6-7pm Park	6-7pm Leys

		Age			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Foundation		Girl/Boy								
Group A	FA	8-12	2+	£33	5.30-6.30pm Park	no swim	5-6pm Park	no swim	6-7pm Park	##6-7pm Leys
Group B	FB	7-11	2	£30	5-6pm Park	no swim	5-6pm Park	no swim	5-6pm Park	no swim
Group C	FC	Youth/age	1		no swim	no swim	no swim	no swim	6-7pm Park	no swim

		Age			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Club swimming		Girl/Boy								
Group A 19 and over	C193	19+	3 or more	£40	7.30-8.30pm Park	##7-8pm Leys	8-9pm Park	no swim	8-9pm Park	no swim
Group A 19 and over	C192	19+	2 or less	£30	7.30-8.30pm Park	##7-8pm Leys	8-9pm Park	no swim	8-9pm Park	no swim
Group A 18 and under	C18	14/15 to 18	any	£30	7.30-8.30pm Park	##7-8pm Leys	8-9pm Park	no swim	8-9pm Park	no swim

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

* Platinum Squad swimmers should continue as normal with their sessions on Thursday until advised by coach

**Some swimmers from the Dev squads will be invited to train with Performance Group

Performance groups are subject to change throughout cycle

	Tuesday	Thursday	Saturday
	5.30-7am	5.30-7am	6-8am
	Park	Park	Park

Morning swimmers should check with coach before attending.

Club and Platinum squads may swim any morning

Gold and Silver squads should attend at least one morning, Bronze by INVITATION ONLY

Mon and Wed Mornings may be used depending on the Training Cycle

David Horne	Head Coach	07960 084634
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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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