

CoCSC Pool Training Timetable 2017/18: Effective from 1st September 2017

Squad	Fees pm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance Squads								
Top	£ 95.50	05.25-07.25 P	05.25-07.25 P		05.25-07.25 P		05.30-08.00 P	
Top		17.00-19.00 P	18.00-20.00 P	17:00-19:00 P		17.00-19.00 P		
Top LAND TRAINING		** 16.30-17.00 P	# 17.00-18.00 P	# 19:15-20:15 P		** 16.30-17.00 P	# 08.30-10.00 P	
A Squad								
A	£ 79.00		05.25-07.00 P		05.25-07.00 P		05.30-08.00 P	
A		19.00-20.30 P	18.00-20.00 P	19.00-20.30 P	17.00-18.30 P			17.30-19.30 P
A LAND TRAINING					18.45-19.45 P		# 08.15-09.15 P	# 16.30-17.30 P
B Squad								
B	£ 73.50				06.00-07.00 P		05.30-07.00 P	
B		19.20-20.20 L	19.00-20.30 P	19.15-20.15 L	18.30-20.00 P			17.30-18.30 P
B LAND TRAINING			18.00-19.00 P					# 16.30-17.30 P
C Squad								
C	£ 57.00						07:00-08:00 P	
C		18.20-19.20 L		18.15-19.15 L	18.00-19.00 P			18.30-19.30 P
C LAND TRAINING								17:30-18:15 P
Academy Squads								
Competitive Squad	£ 50.00		17.00-18.00 P		19.00-20.00 P	19:00-20:00 L		07.00-08.00 P
Development 1	£ 44.00			19.15-20.15 L		18.00-19.00 L		18.30-19.30 L
Development 2	£ 44.00				19.00-20.00 P	18.00-19.00 L		18.30-19.30 L
Skills 1	£ 37.00			18.15-19.15 L				17.30-18.30 L
Skills 2	£ 37.00				18:00-19:00 P			17.30-18.30 L
Transition	£ 30.00							18.30-19.30 P
Club Squads								
Masters Squad 1	£ 55.00		05.25-07.00 P		05.25-07.00 P		06.30-08.00 A	
Masters Squad 1			20.30-21.30 P		20.00-21.00 P			19.30-21.00 P
Masters Squad 2	£ 38.00	20.30-21.30 P				* 20.00-21.00 L		07.00-08.00 P
Varsity			05.25-07.25 P		05.25-07.25 P		06.30-08.00 A	07.00-08.00 P
Varsity			16.00-17.00 P	14:00-15:30 P	16.00-17.00P	19.00-20:30 P		
Senior	£ 59.00		5:25-7:00 P		05.25-07.00 P		06.30-08.00 A	
Senior		20.20-21.20 L			20.00-21.00 P	20.00-21.00 L		19.30-21.00 P
Youth	£ 57.00		05.25-07.00 P				06.30-08.00 A	
Youth		20.20-21.20 L			20.00-21.00 P	20.00-21.00 L		19.30-21.00 P
Swim Fit	£ 25.00				* 20.00-21.00 P			* 19.30-21.00 P
Disability Squad								
Disability 1	£ 51.50		18.00-19.00 P	18.00-19.00 A	18.30-19.30 A			17.00-18.30 P
Disability 2	£ 37.50		18.00-19.00 P					17.00-18.30 P
Disability Rookies	£ 21.50				18.00-18.30 P			

POOL *One Lane Only
 LAND **Must be completed before or after pool session
 LAND # Compulsory if pool training

P = Parkside
 L = Leys
 A = Abbey