

CoCSC Pool Training Timetable - from 1st January 2012				Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Squad	Age	Target	Fees pm							
Top	13+	75%	£70	5.30-7.00am P		5.30-7.00am P			6.00-8.00am P	
Top				5.00-7.00pm P	6.00-8.00pm P	5.00-7.00pm P	5.00-6.30pm P	5.00-7.00pm P		
A	10 to 15	75%	£65	5.30-7.00am P		5.30-7.00am P			6.00-8.00am P	
A				7.00-8.15pm P	6.00-8.00pm P	7.00-8.30pm P	6.30-8.00pm P			5.30-7.30pm P
B	9 to 13	75%	£55						6.00-7.30am P	
B				6.00-7.00pm L	6.00-7.00pm P	6.00-7.00pm L	6.00-7.00pm P			5.30-6.30pm P
Disability		2 or 3+	£28 / £38		7.00-8.00pm P	6.00-7.00pm A		6.00-7.00pm A		5.00-6.15pm P
Senior	15+	3	£49	5.30-7.00am P		5.30-7.00am P			6.00-8.00am Park*	
Senior				8.00-9.00pm L		7.00-8.00pm L	8.00-9.00pm P			7.30-9.00pm P
Youth	12 to 15	3	£49	5.30-7.00am P		5.30-7.00am P				
Youth				8.00-9.00pm L			7.00-8.00pm P	8.00-9.00pm L		6.30-7.30pm P
Junior	9 to 12	3	£46	7.00-8.00pm L	5.00-6.00pm P			7.00-8.00pm L		5.30-6.30pm L
Rookie 1	8+	2	£41					6.00-7.00pm L		6.30-7.30pm L
Rookie 2	8+	2	£41	6.00-7.00pm L			6.00-7.00pm P			
Sharks	7+	1	£30							6.30-7.30pm L
Seals 1	7+	1	£30			6.00-7.00pm L				
Seals 2	7+	1	£30							5.30-6.30pm L
Masters C193	19+	3+	£49	5.30-7.00am P	8.00-9.30pm P	5.30-7.00am P	8.00-9.00pm P	8.00-9.00pm L**	6.00-8.00am P*	7.30-9.00pm P
Masters C192	19+	2	£39	5.30-7.00am P	8.00-9.30pm P	5.30-7.00am P	8.00-9.00pm P		6.00-8.00am P*	7.30-9.00pm P

*By Invitation Only		
**One lane only		
P = Parkside		
L = Leys		
A = Abbey		

Head Coach	James Freezer	Squad Leadership
Assistant Coach	John Sargent	Top Squad / A Squad
Club Coach	Catherine Roberts	Masters Squad / Senior Squad / Youth / B Squad / Junior Squad
Coach	Trevor Ludman	Seals Squad / Sharks Squad / Rookie Squad
Coach	Dave Rayner	
Coach	Krissie Taylor	
Coach	Laura Bevis / Alex Garner	
Disability Coach	Dave Home	Disability Squad
Coach	Kira Bonomo	
Coach	Carolyn Burke	

To Contact any coach email swimmers@cocsc.org.uk