

Summer Season Squad Timetable

Please Note: These times will change for the Winter season 11/12

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
AM	5.30 - 7.30am Silver (includes dryland) 6 - 7.30am Bronze		5:30am - 7.30am Silver 5:45am - 7.30am Bronze		5:30am - 7.30am Silver 5:45am - 7.30am Bronze	6 - 7.30am Silver 6 - 7.30am Bronze
PM		4:00 - 6:00pm Silver (**Town pool **)				

► Training for all squads will commence ***Monday 10th October 2011***

Swimmers will need to be at training sessions 10mins before start time. Ready and in the water on start time.

**** First TOWN POOL session will be on the 18th of October****