

CAMP HILL SWIMMING CLUB



Day	Session 1	Session 2
Monday	5.00-5.15pm – Pool-side Warm Up/Land Training 5.15 - 6.45pm <i>Performance</i>	6.45 - 8.00pm <i>Development</i>
Tuesday	5.00 – 5.15pm – Pool-Side Warm Up 5.15 - 6.15pm <i>Development</i>	6.00pm – 6.15pm - Pool-Side Warm Up/Land Training 6.15 – 8.00pm <i>Performance</i>
Wednesday	6.00 – 7.30pm* <i>Development and Performance – Stroke Development</i>	7.30-9pm CHESC - Masters
Thursday	5.30 – 6.30pm <i>Development</i>	6.30-7.30pm <i>Performance</i>
Friday	5.00-5.15pm – Pool-side Warm Up/Land Training 5.15 - 6.30pm <i>Performance</i>	6.30 – 6.45 – Poolside Warm Up/Land Training 6.45 – 8.00pm <i>Development</i>
Saturday	9am-10.30am <i>All welcome</i>	

N.B.

Development sessions are generally for new swimmers and swimmers up to and including 12 years of age.

Performance sessions are generally for our more experienced swimmers who are working towards County and Midland times as well as our over 12 year olds.

Masters swimmers are generally 18 years old and over.

(* - This time will also include New Member trials)