

# CAMP HILL SWIMMING CLUB



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

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)