

**Coaching timetable September 2018**

Sep-18			
Day	Session 1 Lead Coach	Session 2 Lead Coach	Session 3 Lead Coach
Monday	Performance 5.00 - 6.45 James	Development 6.45 - 8.00 James, Martin & Emily	
Tuesday	Development 5.00 - 6.15 Amber & Jane	Performance 6.15 - 8.00 Amber & Jane	
Wednesday	Performance 5.00 - 6.30 James & Amber	Development 6.30-7.30 * Amber & James	Masters 7.30-9 James
Thursday	Development 5.30-6.30 Amber & Jane	Performance 6.30 -7.30 James & Amber	Masters 7.30-9 James
Friday	Performance 5.00 - 6.30 Amber	Development 6.30 - 8.00 Amber & Kevin & Charlotte	
Saturday's	9.00 - 11.00 All		

Session times include warm up/land training as appropriate

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 & Midlands times as well as over 12 year olds.

Masters swimmers are generally 18 years and over

\* New member trials arrive 6.15 Wednesdays