

Jan-19

Day	Morning Sessions	Session 1	Session 2	Session 3
	Coach	Coaches	Coaches	Lead Coach
Monday	Performance 6-8am James	Performance 5.00 - 6.45pm James	Development 6.45 - 8.00pm James, Martin & Emily	
Tuesday		Development Junior 5.00 - 6.00pm Amber & Jane	Development Senior 6.00 - 7.00 Amber & Jane	Performance 6.45 - 7.00 Land Training - 7.00 - 9.00pm Amber & Jane
Wednesday		Performance 5.00 - 6.30pm James & Amber	Development 6.30-7.30pm * Amber & James	Masters 7.30-9pm James
Thursday		Development 5.00-6.00pm Amber & Jane	Performance 6.00 -7.30pm James & Amber	Masters 7.30-9pm James
Friday	Performance 6-8am James	Performance 5.00 - 6.45pm Amber	Development 6.45 - 8.00pm Amber & Kevin & Charlotte	
Saturday's		9.00 - 11.00 All Coaches rotation		

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 first Wednesday of each Month