

Camp Hill Swimming Club Sessions

## Training Session Changes

### Start Date w/c 3<sup>rd</sup> November 2014

Day	Session 1	Session 2
Monday	<b>5.00 - 6.30pm</b> <i>Seniors and Masters</i> Jane	<b>6.30 - 8.00pm</b> <i>Juniors</i> Jane and Ian
Tuesday	<b>5.00 - 6.30pm</b> <i>Juniors</i> Jane	<b>6.30 - 8.00pm</b> <i>Seniors and Masters</i> Ian
Wednesday	<b>6.00 - 7.30pm</b> <i>Juniors and Seniors</i> Heather and Pete	<b>7.30 - 9.00pm</b> <i>Masters only</i> Heather and Jan
Thursday	<b>5.30 - 6.30pm</b> - <i>Juniors</i> <b>6.30-7.30pm</b> - <i>Seniors</i> Jane, Ian and Amber	<b>7.30 - 9.00pm</b> <i>Masters only</i>
Friday	<b>5.00 - 6.30pm</b> <i>Seniors and Masters</i> Heather or Pete	<b>6.30 - 8.00pm</b> <i>Juniors and trials</i> Heather, Pete, Alice, Charlotte and Kevin
Saturday	<b>9.00 - 11.00am (once a month)</b> <i>Juniors, Seniors and Masters</i> Jane and Kevin	<b>10.00-11.00am</b> <i>Invite only</i> Ian

N.B.

Juniors sessions are up generally for swimmers up to and including 12 years of age, Seniors over 12 -17 and Masters 18 plus.