

CWSC - Academy Squads Training Schedules

Chelsea Squads - Chelsea Sports Centre (Sunday) and Kensington Leisure Centre (Friday)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Orange Hats							16:00-16:30 (A) 16:30-17:00 (B)
Yellow Hats					19:00-19:45		15:00-16:00
Blue Hats					19:45-20:30		15:00-16:00

Kensington Squads - Kensington Leisure Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Red Hats				18:15-18:45 (Teaching pool)			
Orange Hats				18:15-18:45 (Teaching pool)			
Yellow Hats				18:45-19:45 (Teaching pool)		18:00-19:00	
Blue Hats				17:00-18:00		19:00-20:00	

Queen's Park - Moberly Sports Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Red Hats							17:00-17:30 (Teaching pool)
Orange Hats							17:30-18:00 (Teaching pool)
Yellow Hats				18:00-19:00			17:00-18:00
Blue Hats				18:00-19:00			17:00-18:00

Victoria - Queen Mother Sports Centre

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Red Hats		17:00-17:30 (A)				15:00-15:30 (B)	
Orange Hats		17:30-18:00 (A)				15:30-16:00 (B) 16:00-16:30 (C)	
Yellow Hats			17:00-18:00 (A) 18:00-19:00 (B)			15:00-16:00 (A) 16:00-17:00 (B)	
Blue Hats					19:00-20:00		09:00-10:00

PLEASE NOTE:

DROP OFF - Swimmers should be poolside, ready to swim, 5 minutes before their session starts.

PICK UP - Swimmers should be picked up promptly. Coaches may not be able to wait and young swimmers should not be waiting unattended.

HYDRATION - Swimmers should drink water only during training sessions. No fizzy, sports or caffeinated drinks

Red and Orange Hats swim once a week

Yellow and Blue Hats swim twice a week