

## CWSC - Future Stars Squads Training Schedules

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool	Moberly		Moberly	Moberly		Moberly	Kensington
Future Stars North	19:00-20:30		18:00-20:00	19:00-20:30		6:45-08:00	Gym: 17:00-18:00 Swim: 18:00-20:00
Pool	Porchester		Queen Mother			Queen Mother	Chelsea
Future Stars South	18:00-20:00		18:00-20:00			17:00-19:00	Gym: 15:30-16:30 Swim: 17:00-19:00

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool			Queen Mother		Queen Mother	Queen Mother	Queen Mother
Future Stars Foundation Victoria			19:00-20:00		19:00-20:00	17:00-19:00 * (Foundation + session)	10:00-11:00
Pool	Porchester			Porchester		Queen Mother	Chelsea
Future Stars Foundation Chelsea	18:30 - 19:30 (small Pool)			18:00 - 19:00 (main pool)		17:00-19:00 * (Foundation + session)	16:00-17:00
Pool		Kensington		Kensington		Moberly	Kensington
Future Stars Foundation Kensington		17:00 - 18:00		17:00 - 18:00		06:30 - 08:00 * (Foundation + session)	17:00 - 18:00
Pool			Moberly	Moberly		Moberly	Moberly
Future Stars Foundation Queen's Park			19:00-20:00	19:00-20:00		06:30 - 08:00 * (Foundation + session)	17:00 - 18:00

(\*) Only for swimmers in Foundation +

### 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