

CCSC Training times from 20 January 2012

Squads	Sessions	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hrs	total
YOUTH	AM	5.00-7.00		5.00-7.00	5.00-7.00		6.00-8.00		8	15.45
	PM	6.45-9.00		7.45-9.30		8.00-9.30		4.45-7.00	7.45	
	Land work					6.15-7.45			1.5	1.5
YOUTH Club	AM			5.00-7.00				7.00-8.00	3	6
	PM	7.30-9.00				8.00-9.30			3	
	Land work					6.15-7.45			1.5	1.5
AGE GROUP SENIOR	AM	5.00-7.00					6.00-8.00	7.00-8.00	5	12.5
	PM	7.00-9.00		7.45-9.30	4.30-6.00	6.30-8.00		4.45-7.00	7.5	
	Land work				6.15-7.00				45 mins	45mins
AGE GROUP JUNIOR	AM			5.00-7.00			6.00-8.00	7.00-8.00	5	11
	PM	6.00-7.00	6.30-7.30		4.30-6.00	6.30-8.00		4.00-5.00	6	
	Land work				6.15-7.00				45 mins	45mins
AGE GROUP Club	AM			5.00-7.00				7.00-8.00	3	5.5
	PM	6.00-7.00				6.30-8.00			2.5	
	Land work				6.15-7.00				45 mins	45mins
AGE GROUP Transition	AM							7.00-8.00	1	4.5
	PM	6.00-7.00				6.30-8.00		4.00-5.00	3.5	
NTP	AM/PM	6.00-7.00pm				7.00-8.00pm		7.00-8.00am	2.45	2.45
Masters	PM	9.00-10.00					5.00-6.00		2	2
Associate Members	AM	Depending which Group you are allocated to you will be offered one appropriate session during the week, plus the Sunday morning session						7.00-8.00am	1	2.5
	PM								1.5	
	Land work	Depending on age you will be offered one of the land sessions							45 mins	45mins

Session at Kings

Session temporarily opened up to AG Senior

Session at Whitstable pool

All sessions will be checked for numbers and for those sessions that are tight on space, if you do not attend regularly the session will not be guaranteed for you.