

WSC TRAINING SESSIONS

Group	Day	Time	Venue
Performance	Monday	6.30-8.30pm	Central
	Tuesday	6.30-8.00am	“
	Tuesday	7.00-9.00pm	“
	Wednesday	6.30-8.15pm	“
	Thursday	6.30-8.30pm	“
	Friday	7.00-9.00pm	“
	Saturday	8.00-10.00am	“
Development	Monday **	6.30-8.30pm	Central
	Monday	7.00-8.30pm	Colton Hills
	Tuesday *	7.30-9.00pm	Central
	Wednesday	7.00-9.00pm	Colton Hills
	Thursday	6.30-8.30pm	Central
	Friday	7.00-7.45pm LT	Central
	Friday	8.00-9.00pm	Central
Junior Club	Monday	7.00-8.30pm	Colton Hills
	Tuesday **	6.30-7.30pm	Central
	Wednesday	7.00-8.00pm	Colton Hills
	Thursday	6.45-7.45pm	Aldersley
	Friday **	7.00-7.45pm LT	Central
	Friday **	8.00-9.00pm	Central
Senior Competitive 1	Tuesday	7.30-9.00pm	Central
	Thursday	6.30-8.30pm	“
	Friday	7.00-9.00pm	“
Senior Competitive 2	Monday	7.00-8.30pm	Colton Hills
	Tuesday	7.30-9.00pm	Central
	Wednesday	7.00-9.00pm	Colton Hills
	Thursday	6.30-8.30pm	Central
Junior Blue/ Senior Blue	Wednesday	8.00-9.00pm	Colton Hills
	Thursday	6.45-7.45pm	Aldersley
Seals	Monday	7.00-8.00pm	Colton Hills
	Wednesday	7.00-8.00pm	Colton Hills
	Thursday	6.45-7.45pm	Aldersley
Masters	Tuesday	6.30-7.30pm	Central
	Wednesday	8.00-9.00pm	Colton Hills
	Thursday ***	6.30-8.30pm	Central
Social Swim	Monday	8.00-8.30pm	Colton Hills (No Programme)

* Once per month some swimmers will only swim 45 minutes and end session with land based training due to lifeguard training

** These sessions for Development or Junior Club Swimmers where identified are by Coach invitation only.

*** This session is only available to those masters swimmers who already swim on a Thursday and not to new/additional Masters swimmers.