

Squad timetable Aquadrome – 25m pool effective March 2006

Time	Monday
5.15 pm	Fundamentals
6.00	Swimskills
6.45	T2T & T2C
7.30	Swimfit 1
8.15	Swimfit 2
9.00	Masters

Time	Tuesday	Wednesday	Thursday	Friday
5.15 pm	T2T & T2C	T2T & T2C	T2T & T2C	Junior Polo
6.15	T2T & T2C	T2T & T2C	T2T & T2C	Swimskills
7.15	Swimfit 2/Plus	Swimskills	Fundamentals	Swimfit 1/Plus
8.15	Water Polo	Masters	Water Polo	Masters

Time	Saturday
8.00 am	Fundamentals
9.00	T2T & T2C

20m pool

Time	Sunday
5.30 pm	T2T & T2C
6.30	T2T & T2C
7.30	Masters
8.30	Water Polo

Time	Sunday
6.00 pm	Swimfit 3 (disability)

Morning Training – by invitation

Time	Tuesday to Friday
6.00 am	T2T & T2C
	Other swimmers
	by invitation

Squad timetable Tadley effective 9 September 2005

Time	Friday
6.30 pm	Lessons
7.00	Fundamentals
	Swimskills
	Swimfit 1
	Swimfit 2