

Revised 23rd Dec 11	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Flippers	6.30-7.30 am (RP)		6.30-7.30 pm (K)		5.30-6.30 pm (K)	8.00-9.00 am (RP)	
Otters	6.30-7.30 am (RP) 6.30-7.30 pm (K)		7.30-8.30 pm (K)		6.30-7.30 pm (K)	8.00-9.00 am (RP)	9.00 - 10.00 am (WC)
Seals	6.30-7.30 am (RP) 6.30- 7.15 pm (Gym K) 7.30-8.30 pm (Pool K)		6.30-7.30 am (RP) 6.30-8.15 pm (ATR)	6.30-8.00 pm (K)	6.00pm-8.00pm (ATR)		9.00 - 10.00 am (WC)
Dolphins		8.05-9.05 pm (RP)	6.30-7.30 am (RP) 8.05-9.05 pm (RP)		6.30-7.30 am (RP) 6.00pm-8.00pm (ATR)		9:00-10:00 am Land Trg 10.00 - 11.00 am (WC) To
Kings1		6.00-7.30 am (RP) 6.30-8.15 pm (ATR)	6.00-7.45 pm (WC)	6.00-7.30 am (RP) 6.00-7.45 pm (WC)	6.30-7.30 am (RP) 6.00-8.00pm (WC)	6.00-8.00 am (WC)	9:00-10:00 am Land Trg 10.00 - 11.00 am (WC)
Kings 2		8.00-9.00 pm (WC)	6.30-7.30 am (RP) 7.45-8.45 pm (WC)	7.45-8.45 pm (WC)	6.30-7.30 am (RP) 6.00-8.00pm (WC)	6.00-8.00 am (WC)	9:00-10:00 am Land Trg 10.00 - 11.00 am (WC)
Masters	6.30-7.30 am (RP) 8.00-9.00 pm (WC)	6.00-7.30 am (RP)	6.30-7.30 am (RP) 8.05-9.05 pm (RP)	6.00-7.30 am (RP) 7.45-8.45 pm (WC)	6.30-7.30 am (RP)		9:00-10:00 am Land Trg 10.00 - 11.00 am (WC)
Royals	8.00-9.00 pm (WC)		8.05-9.05 pm (RP)	7.45-8.45 pm (WC)			9:00-10:00 am Land Trg 10.00 - 11.00 am (WC)

Royals may attend one session/week of those listed.

Notes: Will ALL Swimmers & Parents adhere to the 'Rules for Pools' when attending/accessing our training facilities.

Will ALL Parents PLEASE CHECK that a Coach is in attendance prior to leaving their children at Training.

It should be noted that Royals may only attend 1 Session per week from the 4 sessions available.

Masters attending training Monday through Friday AM will only have TWO Lanes available

When Training at Winchester College ALL Swimmers are to wear a Swim Hat.

Land training: 8:50 - 9:50am Sun at Win Coll. Subject to age and squad. Parents may attend if ASA Registered, cost £2.00 per session

Win College Fri PM - During Spring & Summer term this session will run from 6.00pm - 8.00pm. Autumn Term 5.30-7.30pm.

Win College Sat PM 5.30 - 7.30, this session will be used for various sessions and squads, details will be posted to web and NB's