

| Revised Sep'10 | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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| Flippers | 6.30 - 7.30am (RP) | | | | | 8.00 - 9.00am (RP) | |
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| | 6.30 - 7.30pm (K) | | 6.30 - 7.30pm (K) | | 5.30 - 6.30pm (K) | | |
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| Otters | 6.30 - 7.30am (RP) | | 6.30 - 7.30am (RP) | | | | 9.00 - 10.00am (WC) |
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| | 6.00 - 7.00pm (WC) | 7.30 - 8.30pm (K) | 6.30 - 8.00pm (K) | 6.30 - 7.30pm (K) | | | |
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| Seals | 6.30 - 7.30am (RP) | | 6.30 - 7.30am (RP) | | 6.30 - 7.30am (RP) | | 9.00 - 10.00am (WC) |
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| | 7.30 - 8.30pm (K) | 7.00 - 8.45pm (WC) | | 6.30 - 8.00pm (K) | 5.30 - 7.30pm (ATR) | | |
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| Dolphins | | | 6.30 - 7.30am (RP) | | | | 10.00 - 11.00am (WC) To Include Royals |
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| | 8.00 - 9.00pm (WC) | 8.00 - 9.00pm (RP) | 8.00 - 9.00pm (RP) | 7.45 - 8.45pm (WC) | | | |
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| Kings One | | 6.00 - 7.30am (RP) | | 6.00 - 7.30am (RP) | 6.30 - 7.30am (RP) | 6.00 - 8.00am (WC) | 10.00 - 11.00am (WC) |
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| | 6.30 - 8.15pm (ATR) | | 6.30 - 8.15pm (ATR) | 6.00 - 7.45pm WC | 5.30 - 7.30pm (WC) | | |
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| Kings Two | | | 6.30 - 7.30am (RP) | | 6.30 - 7.30am (RP) | 6.00 - 8.00am (WC) | 10.00 - 11.00am (WC) |
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| | 8.00 - 9.00pm (WC) | 8.00 - 9.00pm (RP) | 8.00 - 9.00pm (RP) | 6.00 - 7.45pm WC | 5.30 - 7.30pm (ATR or WC) Invite Only | | |
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| Masters | 6.30 - 7.30am (RP) | 6.00 - 7.30am (RP) | 6.30 - 7.30am (RP) | 6.00 - 7.30am (RP) | 6.30 - 7.30am (RP) | | 10.00 - 11.00am (WC) |
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| | 8.00 - 9.00pm (WC) | 8.00 - 9.00pm (RP) | 8.00 - 9.00pm (RP) | 7.45 - 8.45pm (WC) | | | |
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| Royals | | 8.00 - 9.00pm (RP) | 8.00 - 9.00pm (RP) | 7.45 - 8.45pm (WC) | | | |
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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.
 During Summer Term Access to College Not Before 5.30pm, Access to Pool Side & Balcony Not Before 5.40pm
 Land training: 8:50 - 9:50am Sundays at Winchester College. This is subject to age and squad. Parents may also attend if ASA Registered at a cost of £2.00 per session

Land Training Win Coll, 9.00am - 10.am. Subject to Age and Squad

As from 6th Sep 2010