



ACADEMY PENGUINS TRAINING TIMES

	ABILITY	MON	SUN
CRANMORE	2	18.30-19.00	
	4	19.00-19.30	
St. CATHERINE'S	1c		09.00- 09.30
	2		09.30-10.00
	3		10.00-10.30
	4		10.00-10.30
	2b		10.30-11.00
	5		10.30-11.00
	5B		11.00-12.00
	1a		11.00-11.30
	BEG		10.30-11.00
1b		11.30-12.00	

At the trial swimmers will be assessed into ability groups.