

**GUILDFORD CITY SWIMMING CLUB
TRAINING TIMES**

Senior CDS

11 Hours Pool Time
1 Hours Dry Land Training

Lead Coach – Sergey Mandra
Assistant Coach – Ivo Mandradzhiyski

	MON	TUES	WED	THURS	FRI	SAT	SUN
WHERE	SPECTRUM						SSP
LAND							08:00 – 09:00
POOL	05:55 – 07:00						09:00 – 11:05
WHERE		SSP	ALDERSHOT	ALDERSHOT	SSP		
LAND							
POOL		18:45 – 21:05	18:45 – 21:05	18:45 – 21:05	18:45 – 21:05		