

**GUILDFORD CITY SWIMMING CLUB
TRAINING TIMES**

ALL TRAINING TAKES PLACE AT GUILDORD SPECTRUM		MON	TUES	WED	THURS	FRI	SAT	SUN
County C	Minimum Training Criteria 3 Hours Per Week Lead Coach – Paul France	COMPETITON POOL						
		18:30 – 20:30 2 Hour Session	19:30 – 20:30 1 Hour Session	19:30 – 20:30 1 Hour Session	19:30 – 20:30 1 Hour Session	19:30 – 20:30 1 Hour Session	19:30 – 20:30 1 Hour Session	07:00 – 09:00 2 Hour Session

