

GUILDFORD CITY SWIMMING CLUB TRAINING TIMES

All sessions at Surrey Sports Park unless specified

		MON	TUES	WEDS	THURS	FRI	SAT	SUN	
Senior Performance	20 Hours Pool Time 4 Hours Dry Land Training	POOL	05.50 - 08.00	05.50 - 08.00		05.50 - 08.00	05.50 - 08.00	09.00 - 11.05	
			16.45 - 19.10	16.45 - 19.10	17.45 - 20.00	16.45 - 19.10	18.45 - 21.10		
		LAND		19.15 - 20.15 (Sq)	17.00 - 18.00 (SC)		17.30 - 18.30 (Sp)	08.00 - 09.00	
Junior Performance	16 Hours Pool Time 3 Hours Dry Land Training	POOL					05.50 - 08.00 (IN)	06.45 - 09.10	06.45 - 09.10
			18.45 - 21.10	18.45 - 21.10	18.45-21.10 (AG)	18.45 - 21.10	18.30 - 20.30 (CH)		
		LAND		17.30 - 18.30 (AC)				09.00 - 10.00 (AA/B)	09.00 - 10.00 (AA/B)
Senior National	16 Hours Pool Time 3 Hours Dry Land Training	POOL	05.50 - 08.00		05.50 - 08.00			07.00 - 09.00	
			18.45 - 21.00	18.45 - 21.00	17.45 - 20.00	18.30 - 20.30 (CH)	16.45 - 19.00		
		LAND	17.30 - 18.30 (AC)		17.00 - 18.00 (Sq)		19.00 - 20.00 (SC)		
Junior National	14 Hours Pool Time 2 Hours Dry Land Training	POOL		05.50 - 08.00				07.00 - 09.00	08.45 - 11.00
				18.30 - 20.30 (CH)	17.45 - 20.00	18.45 - 21.00	16.45 - 19.00		
		LAND				17.30 - 18.30 (Sq)			08.00 - 09.00 (AA/B)
Regional Squad	12 Hours Pool Time 1 Hour Dry Land Training	POOL			05.50 - 08.00		07.00 - 09.00	08.45 - 11.00	
			18.30 - 20.30 (CH)		17.45 - 20.00	18.45 - 21.00			
		LAND							0800 - 09.00 (AA/B)
Senior Surrey County Squad	11 Hours Pool Time 2 Hours Dry Land Training	POOL	06.00 - 07.00 (SP)						
				18.45 - 21.00	18.30 - 20.30 (CH)	18.45 - 21.00 (AG)	18.45 - 21.00	15.45 - 18.00	
		LAND		17.30 - 18.30 (Sq)			17.30 - 18.30 (Sq)		

CH = Charterhouse School

AG = Aldershot Garrison

IN = Invite Only

Sq = Squash Court Viewing Area

SC = S&C Suite

AA/B = Arena's A&B

AC = Arena C

Sp = Spinning