

# TRANSITION SQUADS - TRAINING TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>REGIONAL SQUAD</b>						07.00 - 09.00**	09.00 - 11.00
12 Hours Pool Time	18.30 - 20.30 SP	18.30 - 20.30 CH	17.45 - 20.00		18.45 - 21.10	or 16.00 - 18.00	
1 Hour Dry Land Training							08.00 - 09.00
<b>JUNIOR SURREY SQUAD</b>							07.00 - 09.00
10 Hours Pool Time	18.30 - 20.30 CH		18.30 - 20.30 SP	18.30 - 20.30 SP	18.30 - 20.30 SP		
1 Hour Dry Land Training							09.00 - 10.00
<b>JUNIOR CDS</b>						07.00 - 09.00 SP	
6 Hours Pool Time	19.30 - 20.30 SP	19.30 - 20.30 SP		18.30 - 20.30 CH			
<b>SENIOR CDS</b>							
8.5 Hours Pool Time	18.30 - 20.30 CH	19.00 - 20.30 GH		18.30 - 20.30 CH	18.30 - 20.30 SP		16.00 - 17.00 SP

All sessions at SURREY SPORTS PARK unless specified

\*\*Training Session subject to rotation with other HPS squads

SP = SPECTRUM LEISURE CENTRE

GH = GUILDFORD HIGH SCHOOL

CH = CHARTERHOUSE SCHOOL