

# ACADEMY COMPETITIVE SQUADS - TRAINING TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Pre Competitive GOLD</b> 8 Hours Pool Time		18.30 - 20.30		18.30 - 20.30		07.00 - 09.00	09.00 - 11.00 SSP
<b>Pre Competitive SILVER</b> 6 Hours Pool Time	18.30 - 19.30		18.30 - 19.30		18.30 - 20.30		07.00 - 09.00 SSP
<b>Pre Competitive BRONZE</b> COMPETITION POOL	18.30 - 19.30	18.30 - 19.30	18.30 - 19.30		18.30 - 20.30	09.00 - 10.00	07.00 - 09.00 SSP
<b>TEACHING POOL</b>	18.15 - 19.00 OR 19.00 - 20.00	18.15 - 19.00 OR 19.00 - 20.00	18.15 - 19.00 OR 19.00 - 20.00	18.15 - 19.00 OR 19.00 - 20.00	18.15 - 19.00 OR 19.00 - 20.00		

All sessions at Guildford Spectrum unless specified

SSP = Surrey Sports Park