

ACADEMY DEVELOPMENT SQUADS - TRAINING TIMES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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DOLPHINS - Spectrum - Guildford			19.30 - 20.30				16.00-17.00
DOLPHINS - Guildford High School	18.30-19.30 OR 19.30-20.30	18.30-19.30 OR 19.30-20.30					
DOLPHINS - Notre Dame School - Cobham			18.00-19.00 OR 19.00-20.00				
DOLPHINS - St. Catherine's School - Bramley							11.00-12.00

All training as indicated

OTTERS	19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00	09.00-10.00	
	Spectrum Comp Pool						
FROGS	18.15-19.00	18.15-19.00	18.15-19.00	18.15-19.00	18.15-19.00		
TADPOLES	18.15-19.00	18.15-19.00	18.15-19.00	18.15-19.00	18.15-19.00		

All training at Guildford Spectrum Teaching Pool unless indicated

PENGUINS							09.00-12.00
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45 minute training sessions at St; Catherine's School Bramley