

ACADEMY COMPETITIVE SQUADS - TRAINING TIMES

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
Pre Competitive GOLD 8 Hours Pool Time		1830 - 2030 Spec		1830 - 2030 Spec		7.00 - 9.00 Spec	9.00 - 11.00 SSP
1 Hour Dry Land Training							08.00 - 09.00 SSP
Pre Competitive SILVER Select from Minimum 6 hours Weekly Pooltime Commitment	1830 - 2030 Spec	1830 - 2030 Spec	1830 - 2030 Spec		1830 - 2030 Spec	7.00 - 9.00 Spec	9.00 - 11.00 SSP
*Pre Competitive BRONZE COMP POOL Select from Minimum 3 sessions Weekly Pooltime Commitment	1830 - 1930 Spec	1830 - 1930 Spec	1830 - 1930 Spec		1830 - 2030 Spec BY INVITATION ONLY	9.00 - 10.00 Spec	9.00 - 11.00 SSP BY INVITATION ONLY
*TEACHING POOL SPECTRUM	1815 - 1900 or 1900 - 2000	1815 - 1900 or 1900 - 2000	1815 - 1900 or 1900 - 2000	1815 - 1900 or 1900 - 2000	1815 - 1900 or 1900 - 2000		

*Pre Competitive BRONZE - allocation of Teaching Pool or Competition Pool Spectrum sessions at coach discretion

SPEC = SPECTRUM SSP = SURREY SPORTS PARK