TEAM SURREY

Swim England Swimming | Performance Centre

GUILDFORD CITY SWIMMING CLUB
TRAINING TIMES

ALL SESSIONS TAKE PLACE AT GUILDFORD SPECTRUM		MON	TUES	WED	THURS	FRI	SAT	SAT	SUN
JUNIOR COUNTY B	COMPETITION POOL		18:30 – 19:30	18:30 – 19:30	18:30 – 19:30		07.00-09.00 (invitation only)	09:00 – 10:00	
	TEACHING POOL	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			

Minimum Training Criteria by Age

- 2011 Born Swimmers
  - 3 x Competition Pool Sessions
- 2012 Born Swimmers
  - 2 x Competition Pool Sessions
  - 1 x Teaching Pool Session (19:00 – 20:00 Only)
- 2013 Born Swimmers
  - 2 x Competition Pool Sessions
  - 1 x Teaching Pool Session (Slot to be allocated at Coaches discretion)
- 2014 Born Swimmers
  - 1 x Competition Pool Session
  - 2 x Teaching Pool Sessions (18:15 to 19:00 Only)

Performance ★ Team ★ Character