GUILDFORD CITY SWIMMING CLUB
TRAINING TIMES

		MON	TUES	WED	THURS	FRI	SAT	SUN
County B	WHERE							SSP
8 Hours Pool Time 1 Hours Dry Land Training Lead Coach – Nicky Matthews	LAND							09:00 – 10:00
	POOL							06:50 – 09:05
	WHERE	SPECTRUM			SPECTRUM	SPECTRUM		
	LAND							
	POOL	18:15 – 20:35			18:15 – 20:35	18:15 – 20:35		

Performance ★ Team ★ Character