

ACADEMY DEVELOPMENT SQUADS - TRAINING TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DOLPHINS - Spectrum - Guildford			19.30 - 20.30				16.00-17.00
DOLPHINS - Guildford High School	19.00-20.00	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	
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		

Spectrum Comp Pool

All Training at Guildford Spectrum Teaching Pool except as noted

PENGUINS							09.00-12.00
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45 Minute sessions - All training at St. Catherine's School - Bramley