



Squad Training Times – FEBRUARY 2012

| SQUAD | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|---------------------------------------|---------------------------------------|--|---------------------------------------|---------------------------------------|
| BULLETS | No morning training 3.15pm -4.15pm | No morning training 3.15pm -4.15pm | No morning training Club Night (No afternoon Training) | No morning training 3.15pm -4.15pm | No morning training 3.15pm -4.15pm |
| TORPEDOS | No morning training 3.15pm -4.15pm | 6 am– 7 am 3.15pm -4.15pm | 6 am– 7 am Club Night (No afternoon Training) | No morning training 3.15pm -4.15pm | 6 am– 7 am 3.15pm -4.15pm |
| CANNONS | No morning training 4.00pm -6.00pm | 5.30 am– 7 am 4.00pm -6.00pm | 5.45am– 7 am PROSERPINE Club Night (No afternoon Training) | No morning training 4.00pm -6.00pm | 5.30am– 7 am 3.30pm -5.00pm |

Session Passes are available at the Kiosk for purchase prior to training, alternatively the club offers a season pass please see the ladies at the Kiosk for more information on both types of training fees to decide which method suites your family best.

Happy Swimming ☺