



After a recent Coaches meeting it was agreed that there is a little confusion over the squad names so as from the 1st January 2010 the following will apply:

Level 1 & 2 will now be called A SQUAD
Club Swimming (B Squad) will remain B Squad
Level 3 will now be called C SQUAD
Level 4 will now be called D SQUAD
Level 5 will now be called MDS SQUAD.

Training Times for A SQUAD

Tuesday 05:00 - 07:00 West View
Wednesday 05:00 - 07:00 West View or Fulwood
Wednesday 17:30 - 19:30 West View
Thursday 05:00 - 07:00 West View
Thursday 17:30 - 19:30 West View
Friday 18:30 - 20:30 West View
Saturday 06:00 - 08:00 (compulsory) West View
Saturday 08:15 - 09:15 (compulsory land training) West View
Sunday 16:00 - 18:00 West View

Training Times for B SQUAD

Tuesday 05:00 - 07:00 West View
Thursday 05:00 - 07:00 West View
Thursday 20:00 - 21:00 Fulwood
Friday 20:30 - 21:30 West View
Saturday 16:00 - 17:00 West View
Sunday 19:00 - 20:00 Fulwood

Training Times for C SQUAD

Tuesday 20:00 - 21:00 Fulwood
Wednesday 20:00 - 21:15 Fulwood
Thursday 20:00 - 21:00 Fulwood
Saturday 06:00 - 08:00 West View INVITATION ONLY
Saturday 08:15 - 09:15 West View land training INVITATION ONLY
Saturday 17:00 - 18:15 West View
Sunday 18:00 - 19:00 West View

Training Times for D SQUAD

Tuesday 20:00 - 21:00 Fulwood
Wednesday 20:00 - 21:00 Fulwood
Friday 20:00 - 21:00 Fulwood
Saturday 17:00 - 18:15 West View
Sunday 18:00 - 19:00 West View

Training Times for MDS

Friday 20:00 - 21:00 Fulwood
Sunday 18:00 - 19:00 Fulwood