

### CDSC Training Times

Squad Name		Mon a.m.	Mon p.m.	Tue	Wed a.m.	Wed p.m.*	Thu	Fri am	Sat
	P1	7.00-8.00		18.00 - 19.45				7.00 - 8.00	8.15 - 9.45
	P2	2 lanes						2 lanes only	
	P3						18.00 - 19.30		
	P4			18.00 - 18.45					
	Fitness	7.00-8.00		18.45 - 19.45		18.30 - 20.00		7.00-8.00	
	D1		19.00- 20.00	17.15-18.00			17.15 - 18.00		9.45 -10.45
	D2			17.15-18.00			17.15 - 18.00		
	D3								

\* Wed p.m. training takes place at Haberdashers Girls School Monmouth

Parents of D squads should remain within the pool complex at all sessions

P1	8.25
P2	8.25
P3	6.25
P4	5.25
F	5.5
D1	5
D2	5
D3	2.5