

SQUAD TRAINING PROGRAMME

Effective September 2008.

Top Squad (3 sessions per week minimum)

Sunday	16.30 - 18.00
Monday	20.30 - 22.00
Tuesday	18.30 - 19.55
Wednesday	20.15 - 21.30
Thursday	20.45 - 22.00
Saturday	07.30 - 08.30 *

Red Squad (3 sessions per week minimum)

Sunday	16.45 - 18.00
Monday	20.30 - 22.00
Tuesday	20.50 - 22.00
Wednesday	20.15 - 21.30 (for those with County Qualifying times)
Thursday	18.45 - 19.45
Saturday	07.30 - 08.30 *

Junior Squad (3 sessions per week minimum)

Sunday	16.45 - 18.00
Monday	19.30 - 20.30
Tuesday	19.55 - 20.50
Wednesday	20.15 - 21.30 (for those with County Qualifying times)
Thursday	19.45 - 20.45
Saturday	07.30 - 08.30 *

White Squad (2 sessions per week minimum)

Sunday	15.30 - 16.45
Tuesday	19.55 - 20.50
Thursday	18.00 - 18.45
Saturday	07.30 - 08.30 *

Masters

Sunday	18.00 - 19.00
Tuesday	20.50 - 22.00
Thursday	20.00 - 20.45
Saturday	07.30 - 08.30 *

"MINI" SQUADS TRAINING PROGRAMME

Effective September 2008.

2 sessions per week minimum

Cray "Mini" Squad

Sunday 15.30 - 16.00

Tuesday 18.00 - 18.30

Thursday 19.00 - 19.30

Dart "Mini" Squad

Sunday 15.30 - 16.30

Tuesday 18.00 - 18.30

Thursday 19.00 - 19.30

Darent "Mini" Squad

Sunday 15.30 - 16.00

Tuesday 18.00 - 18.30

Thursday 19.30 - 20.00

Swale "Mini" Squad

Sunday 15.30 - 16.30

Tuesday 18.00 - 18.30

Thursday 19.30 - 20.00

Thames "Mini" Squad

Sunday 15.30 - 16.30

Tuesday 18.00 - 18.30

Thursday 19.30 - 20.00

Medway "Mini" Squad

Sunday 15.30 - 16.30

Tuesday 18.00 - 18.30

Thursday 19.00 - 19.30

All sessions at Erith Sports Centre, apart from Wednesday nights, which is at Dartford Grammar School for Girls, Shepherds Lane, Dartford.

* 50p payable on pool side per session