

City Of Cardiff Swimming Club - Training Schedule (Effective - 15th March 2010)

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PERFORMANCE SQUADS								DEVELOPMENT SQUADS						
NEW SQUAD	P1 (Elite)	P2	P3	P4	P5	P6	P7 (JM)	D1	D2	D3	D4	D5	D6	D7
OLD SQUAD	NPC	Youth	J1	J2	D1	D2	JM	D3	D4	D5	D6	D7	D8	New
Current Monthly Fee £	76	70	64	59	51	46	46	42	40	37	37	37	37	N/A
MONDAY	6.00 - 7.30 CIP (LC)	6.00 - 7.30 CIP (LC)	6.00 - 7.30 CIP (LC)	18.00-19.00	19.00-20.00	18.00-19.00	18.00- 19.00	19.00-20.00	18.00-19.00	19.00-20.00	19.00-20.00	18.00-19.00	17.00-18.00	Times To Be Confirmed
	16.30 - 18.00 CIP (SC)	16.30 - 18.00 CIP (SC)	16.30 - 18.00 CIP (SC)	CIP (SC)	CIP (SC)	CIP (SC)	Eastern	CIP (SC)	CIP (SC)	CIP (SC)	CIP (SC)	CIP (SC)	CIP (SC)	
TUESDAY	16.30 - 18.30 CIP (SC)	16.30 - 18.30 CIP (SC)	18.30-20.00 CIP (SC)	18.30-20.00 CIP (SC)	18.00-19.00 Eastern	16.30-18.00 Eastern	19.00-20.00 Eastern							
WEDNESDAY	6.00-7.30 CIP (LC)	6.00 - 7.30 CIP (LC)	6.00 - 7.30 CIP (LC)		18.30-20.00 CIP (SC)	17.30-18.30 Western	19.00-20.00 CIP (SC)	18.00-19.00 Eastern	18.45-19.45 Splott					
	16.30 - 18.30 CIP (SC)	16.30 - 18.00 CIP (SC)	18.00-19.00 CIP (SC)											
THURSDAY	16.30 - 18.30 CIP (SC)	16.30 - 18.30 CIP (SC)	18.30-20.00 CIP (SC)	6.00 - 7.30 CIP (LC)	6.00 - 7.30 CIP (LC)		6.00-7.30 CIP CIP (LC)			19.15-20.15 Fairwater	19.15-20.15 Maindy	18.15-19.15 Fairwater	17.15-18.15 Fairwater	
				18.30-20.00 CIP (SC)										
FRIDAY	6.00 - 7.30 CIP (LC)	6.00 - 7.30 CIP (LC)	6.00 - 7.30 CIP (LC)	18.30-20.00	16.30-17.30 Splott	17.30-18.30 Splott	18.30-19.30 Splott	19.00-20.00 Western	19.30-20.30 Fairwater					
	16.30 - 18.30 CIP (SC)	16.30 - 18.30 CIP (SC)	18.30-20.00 CIP (SC)	CIP (SC)										
SATURDAY	7.00 - 9.00 CIP (LC)	7.00 -9.00 CIP (LC)	9.00-10.00 CIP (LC)	9.00-10.00 CIP (LC)	8.15-9.15 Western	7.15-8.15 Western		7.45-8.45 UWIC						
	Land Training													
	9.00-10.00	9.00-10.00	8.00-9.00	8.00-9.00										
Lead Squad Coach								Lead Squad Coach						
Land-Training KH	DH	KB	KB	NT	DF	DF & KH	NH & KMR	CM & DH	MW	AD	DS & ES	AG & JJ	AG & JJ	N/A
								+ Millennium Volunteer Coaches & DF						

Management & Finance Committee 4th March 2010