

CoStA City of St Albans Amateur Swimming Club



Training Schedule 2018-2019 v3. From Monday 1st April 2019.

	Reception	Foundation	Junior Dev	Junior Comp	Junior Perf	Senior Dev	Senior Perf	Club Swim	Masters
Coach	Daniel & Branwen	Daniel & Branwen	Alex	Sian	Daniel	Alex	Mike	Mike	Josie
Hours/week	1	3.5	7	7.5	10+LT	6	13+LT	2	4
SUNDAY	16.30-17.30 SAS	17.30-18.30 SAS	19.00-20.00 WL (4 Lanes)	19.00-20.00 WL (3 Lanes)	19.00-21.00 WL (3 Lanes)	20.00-21.00 WL (3 Lanes)	17.30-18.30 LT SAS 18.30-20.30 SAS	18.00-19.00 HS	20.00-21.00 WL (4 Lanes)
MONDAY			19.00-20.00 WL (4 Lanes)	18.30-19.30 SAS	18.30-19.30 SAS	20.00-21.00 WL (4 Lanes)	06.00-07.30 SAS 19.00-21.00 WL (4 Lanes)		21.00-22.00 WL (8 Lanes)
TUESDAY		18.00-19.00 HS – Choice 1*	06.00-07.30 SAS	06.00-07.30 SAS	06.00-07.30 SAS 19.00-20.00 HS	20.00-21.00 HS	18.30-20.30 SAS		
WEDNESDAY		18.00-19.00 HS – Choice 2*	19.00-20.00 HS	18.30-19.30 SAS	19.30-21.00 SAS	20.00-21.00 HS	06.00-07.30 SAS 18.30-19.30 SAS 19:30-20:00 LT SAS 20:00-21:00 SAS		21.00-22.00 SAS
THURSDAY				19.00-20.00 WL (3 Lanes)	18.30-19.30 SAS 19:30-20:00 LT SAS		18.30-20.30 SAS	19.00-20.00 WL (2 Lanes)	20.30-21.30 SAS
FRIDAY		06.00-07.30 SAS	06.00-07.30 SAS 17.30-18.30 HS				18.30-19.30 HS		
SATURDAY				07.30-09.30 SAS	07.30-09.30 SAS	07:30-09.30 SAS			

WL – Westminster Lodge

SAS – St Albans School

HS – St Albans High School for Girls

* Foundation swimmers will choose to swim either Tuesday OR Wednesday evening

All swimmers are reminded that these are session 'start times' – you need to be poolside and ready to swim (having warmed up) by the times indicated above.