

TRAINING SCHEDULE 2008

SQUAD	MON	TUES	WED	THUR	FRI	SAT	SUN
IDS	am		Epsom 06.00-07.30		Epsom 06.00-07.30	Epsom 07.00-09.00	Aldershot
	pm	St Teresas 18.30-20.30	Priory 18.30-20.30	Priory 18.30-20.30	St Teresas 18.30-21.00	St Teresas 18.30-20.30	
NDS	Leisure Centre		Downsend 20.00-21.30	Downsend 19.00-21.00	Leisure Centre 19.00-21.00		Aldershot
	19.00-21.00						
DOLPHINS	Downsend 19.30-21.00		Downsend 19.00-20.00	Freemen's 18.30-19.30	Downsend 19.30-21.00		Downsend 18.00-19.30
SHARKS					Downsend 18.30-19.30		Downsend 17.00-18.00
TADPOLES	Downsend 18.00-18.30						
AQUASTARS (LEARN TO SWIM)	Downsend 18.30-19.30						
SWIMFIT	Freemen's 20.00-21.30						

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