

Guildford Blues Swimming Club - Training Program

Effective 3rd September 2011

	Mon	Tues	Wed	Thur	Fri	Sat
AM	All Squads 5:30 to 7:00		All Squads 5:30 to 7:00		All Squads 5:30 to 7:00	All Squads 8:00 to 10:00
PM	All Squads 4:00 to 5:30	All Squads 4:00 to 5:30	All Squads 4:00 to 5:30	All Squads 4:00 to 5:30	All Squads 4:00 to 5:30	

School Holiday and Public Holiday Training
(No training on Sundays)

All Squads 8:00 to 10:00 am

All squads will train together while membership allows for less than 16 swimmers per session.
This program will be reviewed as numbers grow.

Focus sessions are available for members by arrangement with Kim MacCarthy
Monday to Friday from 3:15 to 3:45pm at the following rates:
1 to 2 swimmers per Head Coach = \$15 per half hour.