

# COCSC Training Timetable

(Please note all sessions are at Alan Higgs unless stated elsewhere)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM sessions open to listed groups, unless agreed with group coach</b>	Senior Elite & Masters 4.40-5.00am Pre-pool 5.00-7.00am Swim	Junior Elite & Masters 4.40-5.00am Pre-pool 5.00-7.00am Swim	Sen. Perf, Sen. Squad & Jun. Perf 4.40-5.00am Pre-pool 5.00-7.00am Swim	Senior Elite & Junior Elite 4.40-5.00am Pre-pool 5.00-7.00am Swim	Masters 5.00-7.00am Swim	XXXX	XXXX
Senior Elite	4.00-4.30pm Pre-pool 4.30-6.30pm Swim	4.00-4.30pm Pre-pool 4.30-6.30pm Swim	4.00-4.30pm Pre-pool 4.30-6.30pm Swim	4.00-4.30pm Pre-pool 4.30-6.30pm Swim	3.45-4.00pm Pre-pool 4.00-6.00pm Swim	5.40-6.00am Pre-pool 6.00-8.00am Swim 8-9am Land	XXXX
Junior Elite	4.00-4.30pm Pre-pool 4.30-6.30pm Swim	4.00-4.30pm Pre-pool 4.30-6.30pm Swim	6.00-6.30pm Pre-pool 6.30-8.00pm Swim	4.00-4.30pm Pre-pool 4.30-6.30pm Swim	3.45-4.00pm Pre-pool 4.00-6.00pm Swim	5.40-6.00am Pre-pool 6.00-8.00am Swim 8-9am Land	XXXX
Senior Performance	6.30-7.15pm Land Training (Function Room 1) 7.30-9.00pm Swim	6.30-8.30pm Swim	4.00-4.30pm Pre-pool 4.30-6.30pm Swim	6.30-8.30pm Swim	3.45-4.00pm Pre-pool 4.00-6.00pm Swim	XXXX	5.00-7.00pm Swim (25m End)
Senior Squad	7.30-9.00pm Swim	XXXX	4.00-4.30pm Pre-pool 4.30-6.30pm Swim	XXXX	3.45-4.00pm Pre-pool 4.00-6.00pm Swim	XXXX	XXXX
Junior Performance	XXXX	6.30-8.30pm Swim	6.45-8.30pm Caludon Castle	5.30-6.15pm Land Training (Sports Hall) 6.30-8.30pm Swim	5.45-6.00pm Pre-pool 6.00-7.15pm Swim	7.40-8.00am Pre-pool 8.00-10.00am Swim	3.00-5.00pm Swim (25m End)
High Achievers Boys	6.45-8.30pm Caludon Castle	6.45-8.30pm Caludon Castle	6.00-6.30pm Pre-pool 6.30-8.00pm Swim	XXXX	5.45-6.00pm Pre-pool 6.00-7.15pm Swim	7.40-8.00am Pre-pool 8.00-10.00am Swim	5.30-7.00pm (25m End)
High Achievers Girls	6.45-8.30pm Caludon Castle	6.45-8.30pm Caludon Castle	6.00-6.30pm Pre-pool 6.30-8.00pm Swim	XXXX	5.45-6.00pm Pre-pool 6.00-7.15pm Swim	7.40-8.00am Pre-pool 8.00-10.00am Swim	3.00-4.30pm (25m End)
Blue Achievers	6.00-6.20pm Land Training (Sports Hall) 6.30-7.30pm Swim	XXXX	6.00-7.00pm Lyng Hall	XXXX	7.15-8.30pm Swim	XXXX	3.00-4.00pm (23.5m End)
Red Achievers	6.00-6.20pm Land Training (Sports Hall) 6.30-7.30pm Swim	XXXX	6.00-7.00pm Lyng Hall	XXXX	7.15-8.30pm Swim	XXXX	3.00-4.00pm (23.5m End)
Reception Achievers 1	6.30-7.30pm Swim	XXXX	XXXX	7.00-8.00pm Lyng Hall	7.15-8.30pm Swim	XXXX	4.00-5.00pm (23.5m End)
Reception Achievers 2	XXXX	6.00-7.00pm Lyng Hall	XXXX	XXXX	7.15-8.30pm Swim	XXXX	4.00-5.00pm (23.5m End)
Masters	See AM Sessions	See AM Sessions	XXXX	6.45-8.30pm Caludon Castle	See AM Sessions	XXXX	5.00-7.00pm (23.5m End)
Junior Club Younger	7.00-8.00pm Lyng Hall	XXXX	7.00-8.00pm Lyng Hall	6.30-7.30pm Caludon Castle	XXXX	XXXX	XXXX
Junior Club Older	XXXX	7.00-8.00pm Lyng Hall	XXXX	7.30-8.30pm Caludon Castle	XXXX	XXXX	4.30-5.30pm (25m End)
Pathways Both Groups	XXXX	XXXX	XXXX	XXXX	6.15pm-7.00pm & 7.15-8.00pm (23.5m End)	XXXX	3.00-4.00pm & 4.00-5.00pm (23.5m End)
Para Squad	4.30-5.15pm Lyng Hall	XXXX	XXXX	XXXX	XXXX	XXXX	XXXX

**Please note:** For the morning sessions we will close the doors 10 mins before the scheduled swim start time as per pre lockdown. For Afternoon/Evening sessions & Sunday sessions the doors will be open for 10 mins prior to the scheduled start time.