

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Performance	2000 - 2130 Halesowen	0630 - 0730 Halesowen	Land Training 1800 - 1900 Crystal	Swim 1915 - 2045 Crystal	0630 - 0730 Halesowen	2000 - 2130 Halesowen	RMAP Poolside 2000 Swim 2030 - 2130	1200 - 1345 Halesowen
Prepare	2000 - 2130 Halesowen	0630 - 0730 Halesowen	Land Training 1800 - 1900 Crystal	Swim 1915 - 2045 Crystal	0630 - 0730 Halesowen	2000 - 2130 Halesowen	RMAP Poolside 2000 Swim 2030 - 2130	1200 - 1345 Halesowen
Transition	2000 - 2130 Halesowen	0630 - 0730 Halesowen	Land Training 1800 - 1900 Crystal	Swim 1915 - 2045 Crystal	0630 - 0730 Halesowen	2000 - 2130 Halesowen	RMAP Poolside 2000 Swim 2030 - 2130	1200 - 1345 Halesowen
Continued Development		<u>Invite only</u> 0630 - 0730 Halesowen	1830 - 1930 Halesowen	<u>Invite Only</u> 0630 - 0730 Halesowen	Land Training 1830 - 1915	Swim 1930 - 2030		1345 - 1445 Halesowen
Skill Development			1830 - 1930 Halesowen		Land Training 1830 - 1915	Swim 1930 - 2030		1345 - 1445 Halesowen
Foundation		1800 - 1900 Halesowen				1850 - 1930 Halesowen		1445 - 1525 Halesowen
Width Groups (Stages 5+)						1815 - 1845 Halesowen		1530 - 1600 Halesowen
Learn To Swim (Stages 1-4)			1830 - 1930 (Stages 1 & 2)			1815 - 1915 (Stages 3 & 4)		1300 - 1500 Halesowen - Learner Pool
Water Confidence (Aged 3-5)								1200 - 1300 Halesowen - Learner Pool
Masters		2000 - 2100 Halesowen			<u>Approval Required</u> 0630 - 0730 Halesowen			

Friday night is "club night" - All our members attend, even to just say hello.