

## New Swimming Programme from Monday 3 October 2011

### Foundation

Wednesday	at Waterlooville	6:30pm - 7:15pm	45mins
Friday	at Waterlooville	6:30pm - 7:15pm	<u>45mins</u>
Total			<u><u>1.30hrs</u></u>

### Development (Merged Intermediate and Higher)

Wednesday	at Waterlooville	7:15pm - 8:30pm	1.15hr
Thursday	at Havant Academy	6:30pm - 7:30pm	1hr
Saturday	at Waterlooville	5:00pm - 6:00pm	<u>1hr</u>
Total			<u><u>3.15hrs</u></u>

### Advanced

Tuesday	at Waterlooville	05:45am - 7:30am	1.45hr
Thursday	at Havant Leisure Centre	6:30pm - 7:30pm	1hr
Friday	at Havant Academy	7:00pm - 8:30pm	1.30hrs
Saturday	at Waterlooville	4:00pm - 5:00pm	<u>1hr</u>
Total			<u><u>5.15hrs</u></u>

### Junior Performance

Tuesday	at Waterlooville	05:45am - 7:30am	1.45hrs
Thursday	at Waterlooville	05:45am - 7:30am	1.45hrs
Thursday	at Havant Leisure Centre	6:30pm - 7:30pm	1hr
Friday	at Waterlooville	7:15pm - 8:30pm	1:15hrs
Saturday	DRYSIDE at Waterlooville	5:00pm - 6:00pm	1hr #
Sunday	at Havant Leisure Centre	5:00pm - 6:30pm	<u>1.30hrs</u>
Total			<u><u>8.15hrs</u></u>

### Performance

Monday	at Waterlooville	05:45am - 7:30am	1.45hr
Tuesday	at Waterlooville	05:45am - 7:30am	1.45hr
Tuesday	at Havant Academy	6.00pm - 8.00pm	2hrs
Wednesday	at Waterlooville	6:30pm - 8:30pm	2hrs
Friday	at Waterlooville	05:45am - 7:30am	1.45hr
Friday	at Waterlooville	6:30pm - 8:30pm	2hrs
Saturday	at Waterlooville	4:00pm - 6:00pm	<u>2hrs</u>
Total			<u><u>13.15hrs</u></u>

### Club

Thursday	at Waterlooville	05:45am - 7:30am	1.45hrs
Friday	at Waterlooville	8:30pm - 9:30pm	1hr
Sunday	at Havant Leisure Centre	5:00pm - 6:30pm	<u>1.30hrs</u>
Total			<u><u>4.15hrs</u></u>

### Masters

Wednesday	at Waterlooville	05:45am - 7:30am	1.45hr
Thursday	at Waterlooville	05:45am - 7:30am	1.45hr
Friday	at Waterlooville	8:30pm - 9:30pm	1hr
Sunday	at Havant Leisure Centre	5:00pm - 6:30pm	<u>1.30hrs</u>
Total			<u><u>6hrs</u></u>

# This session will be in the Studio at Waterlooville and will not start until Saturday 29 October