

## HART SC - SQUAD SESSION TIMETABLE (pool)

<i><b>ELITE MASTERS</b></i>			<i><b>SENIORS 15+ &amp; UNI</b></i>			<i><b>MASTERS</b></i>		
<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>
Sunday	20.30-21.30	Hart Leisure Centre	Sunday	20.30-21.30	Hart Leisure Centre	Sunday	20.30-21.30	Hart Leisure Centre
Monday	19.00-21.00	Aldershot (50m)	Tuesday	19.00-21.00	RAF Odiham			
Wednesday	19.00-20.30	Camberley Arena	Wednesday	19.00-20.30	Camberley Arena			
Thursday	20.30-21.30	Hart Leisure Centre	Thursday	20.30-21.30	Hart Leisure Centre	Thursday	20.30-21.30	Hart Leisure Centre
Friday	19.00-21.00	Aldershot (50m)						

### Elite Masters.

#### **COMMITMENT:**

A minimum of 3 sessions a week.

If you wish to train at the 50m pool in Aldershot then it is recommended that you attend both Monday's and Friday's sessions (and to remain in the water for a minimum of 90 minutes)

Members of this squad *have* to make themselves available to represent the Club in League Fixtures when selected.

### SQUAD CRITERIA:

Our Masters are split across 3 squads

#### Seniors 15+

#### **COMMITMENT:**

Minimum of 2-3 sessions a week

You will be expected to compete in Masters Events for the Club.

*Club Competitions take place on Thursday & Sunday Nights, please check whether you session will run or not*

#### Masters 25+

#### **COMMITMENT:**

1-2 sessions a week.

This squad welcomes Triathletes.

AND -

Non-competitive swimmers who wish to swim for fitness

(NB. you need to be able to complete a 400m frontcrawl swim in 8.00mins or less)