

HART SC - SQUAD SESSION TIMETABLE (pool)

WINTER 2010 August Sunday 29th - December Sunday 19th (NOT the 29th & 30th August, BH weekend)

<i>MINNOWS</i>			<i>SHRIMPS</i>			<i>SWORDFISH</i>		
Day	Venue	Time	Day	Venue	Time	Day	Venue	Time
Sunday	Hart Leisure Centre	18.30-19.30	Sunday	Hart Leisure Centre	18.30-19.30	Sunday	Hart Leisure Centre	18.30-19.30
Thursday			Monday		17.30-18.30	Monday		17.30-18.30
			Thursday		18.30-19.30	Thursday		18.30-19.30
			Friday		Friday	18.30-19.30		
<i>SHARKS</i>			<i>JUNIORS 3</i>			<p>Masters (aged 25+) & Seniors (18+) are welcome at Hart SC. Dependant on ability and committment these age groups have access to 3 squads - Elite Masters, Seniors and Masters. We currently have space for swimmers in these age groups.</p>		
Day	Venue	Time	Day	Venue	Time			
			Sunday	Land Training	18.00-19.00			
Sunday	Hart Leisure Centre	19.30-20.30	Sunday	Hart Leisure Centre	19.30-20.30			
Tuesday	RAF Odiham	19.00-21.00	Tuesday	RAF Odiham	19.00-21.00			
Wednesday	Camberley Arena	19.00-20.30	Wednesday	Camberley Arena	19.00-20.30			
Thursday	Hart Leisure Centre	19.30-20.30	Thursday	Hart Leisure Centre	19.30-20.30			
Friday		19.30-21.00	Friday		19.30-21.00			
<i>JUNIORS 2</i>			<i>JUNIORS 1</i>			<i>INTERMEDIATES</i>		
Day	Venue	Time	Day	Venue	Time	Day	Venue	Time
Sunday	Land Training	18.00-19.00	Sunday	Land Training	18.00-19.00			
Sunday	Hart Leisure Centre	19.30-20.30	Sunday	Hart Leisure Centre	19.30-20.30	Sunday	Hart Leisure Centre	20.30-21.30
Monday	Aldershot (50m)	19.00-21.00	Monday	Aldershot (50m)	19.00-21.00	Monday	Aldershot (50m)	19.00-21.00
Wednesday	Camberley Arena	19.00-20.30	Tuesday		19.00-21.00	Tuesday		19.00-21.00
Thursday	Hart Leisure Centre	06.30-07.30	Wednesday	Camberley Arena	19.00-20.30	Wednesday	Camberley Arena	19.00-20.30
		19.30-20.30	Thursday	Hart Leisure Centre	06.30-07.30	Thursday	Hart Leisure Centre	06.30-07.30
Friday	Aldershot (50m)	19.00-21.00	Thursday		19.30-20.30	Thursday		20.30-21.30
			Friday	Aldershot (50m)	19.00-21.00	Friday	Aldershot (50m)	19.00-21.00
<i>ELITE MASTERS</i>			<i>SENIORS & UNI</i>			<i>MASTERS</i>		
Day	Venue	Time	Day	Venue	Time	Day	Venue	Time
Sunday	Hart Leisure Centre	20.30-21.30	Sunday	Hart Leisure Centre	20.30-21.30	Sunday	Hart Leisure Centre	20.30-21.30
Monday	Aldershot (50m)	19.00-21.00	Tuesday	RAF Odiham	19.00-21.00	Thursday		20.30-21.30
Wednesday	Camberley Arena	19.00-20.30	Wednesday	Camberley Arena	19.00-20.30			
Thursday	Hart Leisure Centre	20.30-21.30						
Friday	Aldershot (50m)	19.00-21.00	Thursday	Hart Leisure Centre	06.30-07.30			
					20.30-21.30			

