

**RUSHMOOR SYNCHRONISED SWIMMING CLUB
SCHEDULE FOR APRIL 2010**

Please note EVERY swimmer from the Club is to attend Garrison sessions – the only exception is the latest new entry swimmers. For March and April water time is a priority for the 15 yrs + squad learning the combination routine for the British Champs competition on 30th April.

Sat 3 Apr	Guildford Spectrum	Land training in Squash Court 3 not Club Room 13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land Training 15/16/17 8.00 – 9.15 am Land Training 9.30 – 10.45 am POOL 12U 9.15	
		NO TRAINING EASTER WEEKEND	
Sun 4 Apr	Land Training Farnborough Pool	6.00 6.00 - 7.30pm 6.00 - 9.00pm	12U age group team swimmers British Champs swimmers
Tues 6 Apr	Farnborough Pool	7.30-9.00pm	All to attend
Weds 7 Apr	Aldershot Pool	7.30-9.00pm	All to attend
Sat 10 Apr	Guildford Spectrum	Land training in Squash Court 3 not Club Room 13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land Training 15/16/17 8.00 – 9.15 am Land Training 9.30 – 10.45 am POOL 12U 9.15 – 10.00am Land Training 10.00 – 10.30am Splits practice 10.14 – 12.00pm POOL	
Sun 11 Apr	Land Training Farnborough Pool	6.00 - 7.00pm 6.00 - 7.30pm 6.00 - 9.00pm	13/14 age group 12U age group 15 yrs + swimmers
Tues 13 Apr	Farnborough Pool	7.30-9.00pm	All to attend
Weds 14 Apr	Aldershot Pool	7.30-9.00pm	All to attend
Sat 17 Apr	Guildford Spectrum	13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land Training 15/16/17 8.00 – 9.15 am Land Training 9.30 – 10.45 am POOL 12U 9.15 – 10.00am Land Training 10.00 – 10.30am Splits practice – Squash Court 10.45 – 12.00pm POOL	
	Garrison	6.00 – 9.00pm	All to attend
Sun 18	Land Training Farnborough Pool	6.00 - 7.00pm 6.00 - 7.30pm	12U age group 13/14 age group

Apr		6.00 - 9pm	15 yrs + swimmers
Tues 20 Apr	Farnborough Pool	7.30-9.00pm	All to attend
Weds 21 Apr	Aldershot Pool	7.30-9.00pm	All to attend
Sat 24 Apr	Guildford Spectrum	13/14 8.00 – 9.30 am POOL 10.00 – 11.00 am Land Training 15/16/17 8.00 – 9.15 am Land Training 9.30 – 10.45 am POOL 12U 9.15 – 10.00am Land Training 10.00 – 10.30am Splits practice – Squash Court 3 10.45 – 12.00pm POOL	
Sun 25 Apr	Land Training Farnborough Pool	6.00 - 7.00pm 6.00 - 7.30pm 6.00 - 9pm	13/14 age group 12U age group 15 yrs + swimmers
Tues 27 Apr	Farnborough Pool	7.30-9.00pm	All to attend
Tues 28 Apr	Farnborough Pool	7.30-9.00pm	All to attend