

RUSHMOOR SYNCHRONISED SWIMMING CLUB TRAINING SCHEDULE FOR FEBRUARY 2008

Saturday 2 Feb	8.00-11.00am	Guildford Spectrum	CANCELLED DUE TO POOL MAINTENANCE	
	8.00 –10.00am	Guildford High School	Those with no Skill Level and Skill Level 1 + those taking Skill 3 at Marlborough in February	
Sunday 3 Feb	6.00 – 7.00pm	Farnborough Dance Studio FLEX	OPEN TO ALL	
	6.00-9.00pm	Farnborough Pool	12U Squad AND 19U Squad	
Tuesday 5 Feb	7.30-9.00pm	Farnborough	All to attend	
Wednesday 6 Feb	7.30-9.00pm	Aldershot	Stamina	
Saturday 9 Feb	8.00-11.00am	Guildford Spectrum	CANCELLED DUE TO POOL MAINTENANCE	
	8.00 –10.00am	Guildford High School	Those with no Skill Level and Skill Level 1	
	6.00 - 9pm	Guildford Spectrum Main Pool	Those with Skill Levels 2, 3, 4 and 5	
Sunday 10 Feb	6.00 – 7.00pm	Farnborough Dance Studio FLEX	OPEN TO ALL	
	6.00-9.00pm	Farnborough Pool	<p>12U Squad will have 1 hr in the pool and then 1 hr walkthroughs (6 – 8pm)</p> <p>15/16/17 will be on poolside to start with, to meet their new coaches, then in the water at 7pm (6-9pm)</p> <p>13/14 Squad 7.30 – 9pm</p>	
Tuesday 12 Feb	7.30-9.00pm	Farnborough	All to attend	
Wednesday 13 Feb	7.30-9.00pm	Aldershot	Stamina.	
Saturday 16 Feb	7.30 – 9.00 am	Guildford Spectrum	Only those with Skill Level 2 and 3 to attend	
	8.00– 10am	Guildford High School	Those with no Skill Level and Level 1	
Sunday 17 Feb	6.00 – 7.00pm	Farnborough Dance Studio FLEX	OPEN TO ALL	
	6.00 – 7.30pm	Farnborough Pool	19U Squad and 13/14 Squad	
	7.30pm – 9.00pm		15/16/17 Squad and 12U Squad	
Tuesday 19 Feb	7.30-9.00pm	Farnborough	All to attend	
Wednesday 20 Feb	7.30-9.00pm	Aldershot	Stamina.	
	8.00-9.30am	Guildford Spectrum	Those with Skill Levels 4 & 5	Those with Skill Levels 2 & 3 Dance Studio
	9.30-11.00am		Diving Pit	

Saturday 23 Feb			Those with Skill Levels 2 & 3 Diving Pit	Those with Skill Levels 4 & 5 Dance studio
	8.00 –10.00am	Guildford High School	Those with no Skill Level and Skill Level 1	
	6.00 – 9.00pm	Garrison	All to attend	
Sunday 24 Feb	6.00 – 7.00pm	Farnborough Dance Studio FLEX	OPEN TO ALL	
	6.00– 7.30pm	Farnborough Pool	12U selection	
	7.30pm – 9.00pm		13/14 Squad and 15/16/17 Squad	
Tuesday 26 Feb	7.30-9.00pm	Farnborough	All to attend	
Wednesday 27 Feb	7.30 – 9.00pm	Aldershot	Stamina	