

Rushmoor SSC June Schedule 2011

NOTE: 4th June no land for 13/14's. 11th June finish at 3.30. 18th June no land sessions for anyone and Hampshire Age group competition in the evening. Tuesday 9-10pm is primarily for masters swimmer but can be used by 15+ swimmers who need to do extra fitness/individual work

Date	Location		What	Time	Who
Wednesday 1 st	Aldershot	Pool	Stamina	7.30-9.00	All
Friday 3 rd	Sports park	Pool	Stamina	6.00-7.30 am	14+
Saturday 4 th	Spectrum	Pool	Figures	10.00-12.00	15+
	Sport Park	Studio B	Land	1.00-2.00	
		Pool	Stamina	11.30-12.30	13/14
			Figures	12.30-1.30	
		Pool	Stamina	1.00-1.30	12&U
			Figures	1.30-2.30	
			Solos/duets	2.30-4.30	All ages
Sunday 5 th	Farnborough	Outside	Fitness	5.00-6.00	13/14 & 15+
		Dance Studio	Walkthroughs		12&U + 19&U
		Dance Studio	Strength/Flex	6.00-7.00	13/14 & 15/17
		Pool	Team	6.00-7.30	12&u & 19&U
		Pool	Team	7.30-9.00	13/14 & 15/17
Tuesday 7 th	Farnborough	Pool	Figures/Skills	7.30-9.00	All
			Swim	9.00-10.00	Masters
Wednesday 8 th	Aldershot	Pool	Stamina	7.30-9.00	All
Friday 10 th	Sports park	Pool	Stamina	6.00-7.30 am	14+
Saturday 11 th	Spectrum	Pool	Figures	10.00-12.00	15+
	Sport Park	Studio A	Land	1.00-2.00	
		Pool	Stamina	11.30-12.30	13/14
			Figures	12.30-1.30	
		Studio A	Land	2.00-3.00	
		Pool	Stamina	1.00-1.30	12&U
			Figures	1.30-2.30	
			Solos/duets	2.30-3.30	All ages
Sunday 12 th	Farnborough	Outside	Fitness	5.00-6.00	12&U & 19&U
		Dance Studio	Walkthroughs		13/14 & 15/17
		Dance Studio	Strength/Flex	6.00-7.00	12&U & 19&U
		Pool	Team	6.00-7.30	13/14 & 15/17
		Pool	Team	7.30-9.00	12&U & 19&U
Tuesday 14 th	Farnborough	Pool	Figures/Skills	7.30-9.00	All
			Swim	9.00-10.00	Masters
Weds 15 th	Aldershot	Pool	Stamina	7.30-9.00	All
Friday 17 th	Sports park	Pool	Stamina	6.00-7.30 am	14+
Saturday 18 th	Spectrum	Pool	Figures	10.00-12.00	15+
	Sport Park				
		Pool	Stamina	11.30-12.30	13/14
			Figures	12.30-1.30	
		Pool	Stamina	1.00-1.30	12&U

			Figures	1.30-2.30	
Hampshire Age Groups garrison 6-9 All competitors to attend					
Sunday 19 th	Farnborough	Outside	Fitness	5.00-6.00	13/14 & 15+
		Dance Studio	Walkthroughs		12&U + 19&U
		Dance Studio	Strength/Flex	6.00-7.00	13/14 & 15/17
		Pool	Team	6.00-7.30	12&u & 19&U
		Pool	Team	7.30-9.00	13/14 & 15/17
Tuesday 21 st	Farnborough	Pool	Figures/Skills	7.30-9.00	All
			Swim	9.00-10.00	Masters
Weds 22 nd	Aldershot	Pool	Stamina	7.30-9.00	All
Friday 24 th	Sports park	Pool	Stamina	6.00-7.30 am	14+
Saturday 25 th	Spectrum	Pool	Figures	10.00-12.00	15+
	Sport Park	Arena C	Land	1.00-2.00	
		Pool	Stamina	11.30-12.30	13/14
			Figures	12.30-1.30	
		Arena C	Land	2.00-3.00	
		Pool	Stamina	1.00-1.30	12&U
			Figures	1.30-2.30	
		Pool	Solos/Duets	2.30-4.30	All ages
Sunday 26 th	Farnborough	Outside	Fitness	5.00-6.00	12&U & 19&U
		Dance Studio	Walkthroughs		13/14 & 15/17
		Dance Studio	Strength/Flex	6.00-7.00	12&U & 19&U
		Pool	Team	6.00-7.30	13/14 & 15/17
		Pool	Team	7.30-9.00	12&U & 19&U
Tuesday 28 th	Farnborough	Pool	Figures/Skills	7.30-9.00	All
			Swim	9.00-10.00	Masters
Weds 29 th	Aldershot	Pool	Stamina	7.30-9.00	All