

**RUSHMOOR SYNCHRONISED SWIMMING CLUB
SCHEDULE FOR MARCH 2011**

For queries on this schedule please see Julie Andrews for team training and Simon Kearn for figure training issues.

Tues 1 Mar	Farnborough Pool	7.30-9.00pm	All to attend
Weds 2 March	Aldershot Pool	7.30-9.00pm	All to attend
Sat 5 March	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 + Stage 2 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 6 March	Land training Farnborough Pool	6.00-7.00pm	19U combo team
		6.00-7.30pm	13/14 age group team
		7.30-9.00pm	19U combo team
		6.00-9.00pm	15+ age group team
Tues 8 March	Farnborough Pool	7.30-9.00pm	All to attend
Weds 9 March	Aldershot Pool	7.30-9.00pm	All to attend
Sat 12 March	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 + Stage 2 9.15 – 10.00am Land training 10.00 – 10.30am Splits practice – Squash Court 10.45 – 12.00pm POOL	
		6.00-7.00pm	13/14 age group
		6.00-7.30pm	12U age group team
		7.30-9.00pm	13/14 age group team
		6.00-9.00pm	15+ age group team
		Tues 15 March	Farnborough Pool
Weds 16 Mar	Aldershot Pool	7.30-9.00pm	All to attend
Sat 19 March	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 + Stage 2 9.15 – 10.00am Land training 10.00 – 10.30am Splits practice – Squash Court 10.45 – 12.00pm POOL	
		6.00-9.00pm	All to attend
		6.00-7.00pm	12U age group
		6.00-7.30pm	19U combo team
		7.30-9.00pm	12U age group team
		6.00-9.00pm	15+ age group team
Tues 22 March	Farnborough Pool	7.30-9.00pm	All to attend
Weds 23 Mar	Aldershot Pool	7.30-9.00pm	All to attend

Sat 26 March	Guildford Spectrum	13/14 8.00 – 9.30 am 10.00 – 11.00 am 15/16/17 8.00 – 9.15 am 9.30 – 10.45 am 12U + Stage 2 9.15 – 10.00am 10.00 – 10.30am 10.45 – 12.00pm	POOL Land training Land training POOL Land training Splits practice – Squash Court POOL
Sun 27 March	Land Training Farnborough Pool	6.00-7.00pm 6.00-7.30pm 7.30-9.00pm 6.00-9.00pm	19U combo team 13/14 age group team 19U combo team 15+ age group team