

**Summer Pool Programme Cover 2018**

**CRAWLEY SC - Summer Training Schedule 2018**

DATE	AM TRAINING	PM TRAINING
MONDAY 16rd July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training (4 Lanes 6pm - 8pm - Diving Pool 6pm - 6.45pm)
TUESDAY 17th July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training 6pm - 8pm (4 Lanes)
WEDNESDAY 18th July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training 6pm - 9pm (4 Lanes) - 9pm - 10pm Water Polo Full Pool - Cottesmore Normal
THURSDAY 19th JULY2018	Normal Training 6am - 7am (4 Lanes) Masters Only	Normal Training 6pm - 8.45pm - (4 Lanes)- Cottesmore Normal
FRIDAY 20th July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training 6pm - 10pm (Normal)
SUNDAY 22nd July 2018	Normal Training (3 Lanes) 7.30am - 9.30am	N/A NO TRAINING
MONDAY 23rd July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training (4 Lanes 6pm - 8pm - Diving Pool 6pm - 6.45pm)
TUESDAY 24th July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training 6pm - 8pm (4 Lanes)
WEDNESDAY 25th July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training 6pm - 9pm (4 Lanes) - 9pm - 10pm Water Polo Full Pool - Cottesmore Normal
THURSDAY 26th JULY2018	Normal Training 6am - 7am (4 Lanes) Masters Only	Normal Training 6pm - 8.45pm - (4 Lanes)- Cottesmore Normal
FRIDAY 27th July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training 6pm - 10pm (Normal)
SUNDAY 29th July 2018	Normal Training (3 Lanes) 7.30am - 9.30am	N/A NO TRAINING
MONDAY 30th July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training (4 Lanes 6pm - 8pm - Diving Pool 6pm - 6.45pm)
TUESDAY 31st July 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training 6pm - 8pm (4 Lanes)
WEDNESDAY 1st August 2018	Normal Training	Normal Training

	6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	6pm - 9pm (4 Lanes) - 9pm - 10pm Water Polo Full Pool - <b>NO Cottesmore Training</b>
THURSDAY 2nd August 2018	Normal Training	Normal Training
	6am - 7am (4 Lanes)	6pm - 8.45pm - (4 Lanes)- <b>NO Cottesmore TRAINING</b>
	Masters Only	
FRIDAY 3rd August 2018	6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	7pm 8pm CDB & CDS / 8pm - 9pm Performance & CDG
<b>SUNDAY 5th August 2018</b>	<b>NO TRAINING</b>	<b>NO TRAINING</b>
	N/A	N/A
<b>MONDAY 6th August 2018</b>	Normal Training	Normal Training
	6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	(4 Lanes 6pm - 8pm - Diving Pool 6pm - 6.45pm)
TUESDAY 7th August 2018	MASTERS ONLY	NO TRAINING
	6am - 7am ONLY (4 Lanes)	N/A
	<b>Masters Only</b>	N/A
WEDNESDAY 8th August 2018	Normal Training -	<b>ONLY Water Polo Training</b>
	6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	9pm - 10pm
THURSDAY 9th August 2018	Normal Training	<b>NO TRAINING</b>
	6am - 7am (4 Lanes)	N/A
	<b>Masters Only</b>	N/A
FRIDAY 10th August 2018	MASTERS ONLY	7pm 8pm CDB & CDS / 8pm - 9pm Performance & CDG
	6am - 7am ONLY (4 Lanes)	
<b>SUNDAY 12th August 2018</b>	<b>NO TRAINING</b>	<b>NO TRAINING</b>
<b>MONDAY 13th August 2018</b>	Normal Training	Normal Training
	6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	(4 Lanes 6pm - 8pm - Diving Pool 6pm - 6.45pm)
TUESDAY 14th August 2018	Masters Only	NO TRAINING
	6am - 7am ONLY (4 Lanes)	N/A
WEDNESDAY 15th August 2018	Normal Training	<b>ONLY Water Polo Training</b>
	6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	9pm - 10pm
	<b>Mondupe / Nigel</b>	N/A
THURSDAY 16th August 2018	Normal Training	<b>NO TRAINING</b>
	6am - 7am (4 Lanes)	N/A
	<b>Masters Only</b>	N/A
FRIDAY 17th August 2018	MASTERS ONLY	7pm 8pm CDB & CDS / 8pm - 9pm Performance & CDG
	6am - 7am ONLY (4 Lanes)	
<b>SUNDAY 19th August 2018</b>	<b>NO TRAINING</b>	<b>NO TRAINING</b>
<b>MONDAY 20th August 2018</b>	Normal Training	Normal Training
	6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	(4 Lanes 6pm - 8pm - Diving Pool 6pm - 6.45pm)
TUESDAY 21st August 2018	Masters Only	NO TRAINING
	6am - 7am ONLY (4 Lanes)	N/A

WEDNESDAY 22nd August 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	<b>ONLY Water Polo Training</b>
THURSDAY 23rd August 2018	Normal Training 6am - 7am (4 Lanes)	<b>NO TRAINING</b> N/A
	<b>Masters Only</b>	N/A
FRIDAY 24th August 2018	MASTERS ONLY 6am - 7am ONLY (4 Lanes)	7pm 8pm CDB & CDS / 8pm - 9pm Performance & CDG
<b>SUNDAY 26th August 2018</b>	<b>NO TRAINING</b>	<b>NO TRAINING</b>
MONDAY 27th August 2018	<b>NO TRAINING - BANK HOLIDAY</b>	<b>NO TRAINING - BANK HOLIDAY</b>
TUESDAY 28th August 2018	Masters Only 6am - 7am ONLY (4 Lanes)	<b>NO TRAINING</b> N/A
WEDNESDAY 29th August 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	<b>ONLY Water Polo Training</b>
THURSDAY 30th August 2018	Normal Training 6am - 7am (4 Lanes)	<b>NO TRAINING</b> N/A
	<b>Masters Only</b>	N/A
FRIDAY 31st August 2018	MASTERS ONLY 6am - 7am ONLY (4 Lanes)	7pm 8pm CDB & CDS / 8pm - 9pm Performance & CDG
<b>SUNDAY 2nd September 2018</b>	<b>7.30am - 9.30am (3 Lanes)</b>	<b>N/A</b>
MONDAY 3rd September 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training (4 Lanes 6pm - 8pm - Diving Pool 6pm - 6.45pm)
TUESDAY 4th September 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training 6pm - 8pm (4 Lanes)
WEDNESDAY 5th September 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	Normal Training 6pm - 9pm (4 Lanes) - 9pm - 10pm Full Pool (Water Polo)
THURSDAY 6th September 2018	Normal Training 6am - 7am (4 Lanes)	6pm - 8.45pm - (4 Lanes) Normal Training
	<b>Masters Only</b>	
FRIDAY 7th September 2018	Normal Training 6am - 7am (8 lanes) - 7am - 7.30 am (3 Lanes)	6pm - 10pm (Normal)





