

## Summer Swimming 2010 re-allocation of sessions

With less swimmers each session and fewer coaches available (holidays) we have reallocated sessions over the summer season (from Friday 30<sup>th</sup> July - Sunday 29<sup>th</sup> August inclusive) as detailed below (and over the page). The sessions that are running are as follows -

### Senior Midland Squad sessions

Sunday - Erdington - 3.00- 4.45 pm  
Monday - Erdington - 8.00 -9.45 pm  
Tuesday - Wyndley - 6.30 - 8.30 pm  
Wednesday - Wyndley - 6.00 - 8.00 pm  
Thursday - Wyndley - 8.00 - 9.45 pm  
Friday - Castle Vale - 7.30 - 9.30 pm  
Saturday - Handsworth - 7.30 - 9.15 am  
(no dry land training)

### Junior Midland Squad sessions

Sunday - Erdington - 3.00- 4.45 pm  
Monday - Wyndley - 6.30 -8.30 pm  
Wednesday - Wyndley - 6.00 - 8.00 pm  
Thursday - Castle Vale - 6.00 - 7.30 pm  
Friday - Castle Vale - 6.00 - 7.30 pm  
Saturday - Handsworth - 7.30 - 9.15 am  
(no dry land training)

### Senior County Squad sessions

Sunday - Erdington - 1.45 - 3.00 pm  
Monday - Erdington - 8.00 -9.45 pm  
Wednesday - Wyndley - 6.00 - 8.00 pm  
Thursday - Wyndley - 8.00 - 9.45 pm  
Friday - Castle Vale - 7.30 - 9.30 pm

### Junior County Squad sessions

Sunday - Erdington - 1.45 - 3.00 pm  
Monday - Erdington - 7.00 - 8.00 pm  
Wednesday - Wyndley - 4.30 - 6.00 pm  
Thursday - Wyndley - 7.15 - 8.15 pm  
Friday - Castle Vale - 6.00 - 7.30 pm  
Saturday - Handsworth - 7.30 - 9.15 am

### Developing swimmer sessions

Sunday - Erdington - 1.00 - 1.45 pm  
Monday - Erdington - 6.15 - 7.00 pm  
Thursday - Wyndley - 6.30 - 7.15 pm  
or 7.15 - 8.00 pm

### Water Polo

Sunday - Wyndley - 6.30 - 7.30 (Junior)  
Sunday - Wyndley - 7.30 - 9.00 (Senior)  
Tuesday - Wyndley - 8.30 - 10.00 pm  
Friday - Stechford - 7.00 - 8.30 pm (CoB)

A few sessions have been amalgamated, with some changes in venue. It is only the Tuesday 6.00pm session at Kingstanding that has required a change of day and swimmers here can swim on either Monday (Erdington), or Wednesday or Thursday (Wyndley) in exchange for this. Should you require any help here please chat with your instructor/coach to confirm where you should be swimming.

This programme will run from Friday 30<sup>th</sup> July through to Sunday 29<sup>th</sup> August with the 2010-2011 swimming programme beginning on Tuesday 31<sup>st</sup> August.

This will save the club just short of £2000 in pool hire costs.

## Swim Sessions for summer 2010

Day	Pool	time	Groups swimming
Sun	Erd	1.00-1.45	Erdington 1.00 and 1.45 swimmers both at 1.00pm
	Erd	1.45-3.00	Erdington Sunday 2.30 and 3.30 swimmers swim at 1.45
	Erd	3.00-4.45	Castle Vale 3.00 and 4.30 sessions swim at 2.45 at Erdington
	CVale		<b>No Swimming at Castle Vale now at Erdington</b>
Sun	Wyndley	6.30-7.30	Water Polo Juniors to include City of Birmingham £25 from start of July
	Wyndley	7.30-9.00	Water polo seniors to include City of Birmingham £25 from start of July
Mon	Erd	6.15-7.00	Normal Erdington Session
	Erd	7.00-8.00	Erdington 7.00-8.00 session + Kingstanding (Tuesday) 6.00pm session
	Erd	8.00-9.30	Erdington 8.00 session + Castle Vale 8.00 session
Mon	Wyndley	6.30-8.30	Normal Wyndley session for Junior Midland Squad
Mon	CVale		<b>No swimming at Castle Vale now at Erdington</b>
Tues	Kingstanding	early	<b>No swimming at Kingstanding now swim Mon (Erdington) 7.00-8.00, or Wed 4.30-6.00 or Thurs 7.00-8.15 (Wyndley)</b>
Tues	Kingstanding	late	<b>No swimming at Kingstanding swim Wyndley 6.30-8.30</b>
Tues	Wyndley	6.30-8.30	Normal session + Kingstanding 7.00-8.30 swimmers
Tues	Wyndley	8.30-10.00	Water Polo to include City of Birmingham players £25
Wed	Wyndley	4.30-6.00	<b>Both 4.30pm and 5.30pm session swimmers</b>
	Wyndley	6.00-8.00	County Link + Midland senior and junior swimmers (extra session)
Thurs	Wyndley	6.30-7.15	Normal Wyndley session
	Wyndley	7.15-8.00(15)	Normal Wyndley session + Kingstanding 6.00pm swimmers
	Wyndley	8.00-9.45	Wyndley 8.00 pm + Castle Vale 7.30 session
Thurs	CVale	6.00-7.30	Castle Vale 6.00 pm session + some Castle Vale 7.30 session
	CVale	late	<b>No swimming now at Wyndley (8.00pm)</b>
Fri	Wyndley	late	<b>No session now at Castle Vale</b>
Fri	CVale	6.00-7.30	CVale 6.00pm session + Wyndley 8.30 juniors
	CVale	7.30-9.30	CVale 7.30 session + Wyndley 8.30 seniors
Fri	Stechford	7.00-8.30	Water Polo Normal CoB session
Sat	Handsworth	7.30-9.15am	Handsworth session + Castle Vale morning swimmers
Sat	CVale	morning	<b>No session now at Handsworth from Saturday 24<sup>th</sup> July</b>