

PERFORMANCE SQUADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Senior & Youth ELITE		Coaches: Graham Wardell/Dale Frantzeskou			
6:00 ~ 8:00 (LC)		6:00 ~ 8:00 (LC)		6:00 ~ 8:00 (LC)	8:00 ~ 10:00 (LC)
16:00 ~ 18:00 (SC)	16:00 ~ 18:00 (SC)	16:00 ~ 18:00 (SC)	16:00 ~ 18:00 (SC)	16:00 ~ 18:00 (SC)	
Age Group ELITE		Coach: David Cocks			
6:00 ~ 7:30 (LC)		6:00 ~ 7:30 (LC)		6:00 ~ 7:30 (LC)	8:00 ~ 10:00 (LC)
16:30 ~ 18:30 (SC)	16:30 ~ 18:30 (SC)	16:30 ~ 18:00 (SC)	16:30 ~ 18:30 (SC)	16:30 ~ 18:30 (SC)	
Senior & Youth HIGH PERFORMANCE		Coach: Graham Wardell			
6:00 ~ 8:00 (LC)		6:00 ~ 8:00 (LC)		6:00 ~ 8:00 (LC)	8:00 ~ 10:00 (LC)
16:00 ~ 18:00 (SC)	18:00 ~ 20:00 (SC)	18:00 ~ 20:00 (SC)	18:00 ~ 20:00 (SC)	18:00 ~ 20:00 (SC)	
Age Group & Youth HIGH PERFORMANCE		Coach: David Cocks			
6:00 ~ 7:30 (LC)		6:00 ~ 7:30 (LC)		6:00 ~ 7:30 (LC)	6:30 ~ 8:00 (LC)
16:30 ~ 18:00 (SC)	18:30 ~ 20:00 (SC)	18:00 ~ 20:00 (SC)	18:30 ~ 20:00 (SC)	18:30 ~ 20:00 (SC)	

FAST TRACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST TRACK					
Coaches: Chris Maddocks (Mon) & Ben Reid (Tues-Sat)					
	6:00 ~ 7:30 CIP (LC)		6:00 ~ 7:30 CIP (LC)		6:30 ~ 8:00 CIP (LC)
18:00 ~ 19:00 CIP (SC)	18:00 ~ 20:00 CIP (SC)		18:00 ~ 20:00 CIP (SC)	18:00 ~ 20:00 CIP (SC)	

COMPETITIVE SQUADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMPETITIVE WHITE					
Coaches: Ben Reid & David Cocks (Tues) Nick Holmes (Wed) Chris Maddocks (Thurs)					
18:30 ~ 20:00 CIP (SC)	6:00 ~ 7:30 CIP (LC)	18:00 ~ 20:00 CIP (SC)	18:15 ~ 20:15 Fairwater		6:30 ~ 8:00 CIP (LC)
COMPETITIVE YELLOW					
Coach: Thomas Edwards					
18:00 ~ 19:00 CIP (SC)	6:00 ~ 7:30 CIP (LC)	18:15 ~ 20:15 Western	18:00 ~ 19:00 Western		7:00 ~ 9:00 Western
COMPETITIVE BLUE					
Coaches: Thomas Edwards (Mon Tues Thurs) & Ellie Booth (Wed & Sat)					
19:00 ~ 20:00 CIP (SC)	19:00 ~ 20:30 Western	18.30 ~ 19.30 Eastern	6:00 ~ 7:30 CIP (LC)		10:00 ~ 11:00 CIP (LC)

ACADEMY SQUADS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A1					
Coach: Ellie Booth					
19:00 ~ 20:00 CIP (SC)	18.15 ~ 19.15 Eastern	19:30 ~ 20:30 Eastern		19:15 ~ 20:15 Western	10:00 ~ 11:00 CIP (LC)
A2					
Coach: Ellie Booth					
18:00 ~ 19:00 CIP (SC)	19.15 ~ 20.15 Eastern		19:15 ~ 20:15 Maindy		7:00 ~ 8:00 Fairwater
A3					
Coaches: Diane Hughes (Mon Sat) & Thomas Edwards (Wed)					
19:00 ~ 20:00 CIP (SC)		17:15 ~ 18:15 Western			7:45 ~ 8:45 Cardiff Met
A4					
Coach: Anne Griffiths					
17:00 ~ 18:30 CIP (SC)					8:00 ~ 9:00 Fairwater

Cardiff International Pool (CIP)

Olympian Drive, Grangetown, Cardiff CF11 0JS

Active Eastern Leisure Centre
 Cardiff Met Campus
 Fairwater Leisure Centre
 Maindy Centre
 Western Leisure Centre

Llanrumney Ave Cardiff CF3 4DN
 Cyncoed Road Cardiff CF23 6XD
 off Waterhall Road, Fairwater Cardiff CF5 3LL
 Crown Way, off North Road, Cardiff CF14 3AJ
 Caerau Lane, Ely, Cardiff CF5 5HJ

LAND TRAINING TIMES TO BE CONFIRMED BY COACHES