

# Newquay Cormorants Swimming Club Training Timetable

Groups					
	Senior	Junior	Micro	Development	Water Polo
Sunday	8am - 10am	8am - 10am	8am - 9am	-	-
Monday	7pm - 8pm	7pm - 8pm	-	-	-
Tuesday	7am - 8am	-	-	-	-
Wednesday	7:30pm - 9pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6pm - 6:30pm	9pm-10pm
Thursday	-	-	-	-	-
Friday	7am - 8am	7am - 8am	7am - 8am	-	-
Saturday	8:30am - 10am	8:30am - 10am	8:30am - 10am	8am - 8:30am	-
Total Hrs	8 Hrs	7 Hrs	4.5 Hrs	1 Hr	1 Hr

**Timetable Starts Saturday 8th March 2003**