

PENZANCE SWIMMING ASSOCIATION AND WATER POLO CLUB



CLUB PROGRAMME

Session Name	Ability	Pool	No. Of Lanes	Day	Time	Duration	No. Of Swimmers	No. & Qualification of Coaches
Improvers 1	Improvers	PZ Leisure Centre	2	Monday	5.30-6.00pm	30mins	10-20	2 x Level 2 teachers
Improvers 1	Improvers	PZ Leisure Centre	2	Thursday	5.30-6.00pm	30mins	10-20	2 x Level 2 teachers
Improvers 2	Improvers	PZ Leisure Centre	2	Monday	5.30-6.00pm	30mins	10-20	2 x Level 2 teachers
Improvers 2	Improvers	PZ Leisure Centre	2	Thursday	5.30-6.00pm	30mins	10-20	2 x Level 2 teachers
Development Squad	Development	PZ Leisure Centre	4	Monday	5.30-7.00pm	1.5 hrs	10-25	1 x 1 + 1 x 2 Level Coach
Development Squad	Development	PZ Leisure Centre	4	Thursday	5.30-6.30pm	1 hour	10-25	1 x 1 + 1 x 2 Level Coach
Junior Performance	Performance	PZ Leisure Centre	3	Monday	6.30-7.30am	1 hour	10-20	2 x Level 2 Coach
Junior Performance	Performance	PZ Leisure Centre	3	Wednesday	6.30-7.30am	1 hour	10-20	2 x Level 2 Coach
Junior Performance	Performance	PZ Leisure Centre	3	Friday	6.30-7.30am	1 hour	10-20	2 x Level 2 Coach
Junior Performance	Performance	PZ Leisure Centre	3 – 6	Monday	6.30-8.00pm	1.5 hrs	10-25	2 x Level 2 Coach
Junior Performance	Performance	PZ Leisure Centre	3 – 6	Thursday	6.30-9.00pm	1.5 hrs	10-25	2 x Level 2 Coach
Junior Performance	Performance	PZ Leisure Centre	2 – 3	Friday	7.00-9.00pm	2 hours	10-25	2 x Level 2 Coach
Senior Performance	Performance	PZ Leisure Centre	3	Monday	6.30-7.30am	1 hour	10-20	1 x Level 2 Coach
Senior Performance	Performance	PZ Leisure Centre	3	Wednesday	6.30-7.30am	1 hour	10-20	1 x Level 2 Coach
Senior Performance	Performance	PZ Leisure Centre	3	Friday	6.30-7.30am	1 hour	10-20	1 x Level 2 Coach
Senior Performance	Performance	PZ Leisure Centre	3 – 6	Monday	7.00-9.00pm	2 hrs	10-25	1 x Level 2 Coach
Senior Performance	Performance	PZ Leisure Centre	3 – 6	Thursday	6.30-8.00pm	1.5hrs	10-25	1 x Level 2 Coach
Senior Performance	Performance	PZ Leisure Centre	2 – 3	Friday	7.00-9.00pm	2 hours	10-25	1 x Level 2 Coach

