



PENZANCE SWIMMING ASSOCIATION & WATER POLO CLUB  
 REVISED SESSIONS  
 (Taking effect from Monday 11th April)

<u>Squad</u>	<u>Day</u>	<u>Start Time</u>	<u>Finish Time</u>	<u>Session Duration (Hours)</u>
<b><u>Improvers 1</u></b>	Monday	17:30	18:00	0.5
	Thursday	17:30	18:00	0.5
<b><u>Improvers 2</u></b>	Monday	18:00	18:30	0.5
	Thursday	18:00	18:30	0.5
<b><u>Development</u></b>	Monday	17:30	19:00	1.5
	Thursday	17:30	18:30	1
<b><u>Junior Performance</u></b>	Monday	06:30	07:30	1
		18:30	20:00	1.5
	Thursday	18:30	20:00	1.5
	Friday	06:30	07:30	1
		19:00	21:00	2
<b><u>Senior Performance</u></b>	Monday	06:30	07:30	1
		19:00	21:00	2
	Wednesday	06:30	07:30	1
	Thursday	18:30	20:00	1.5
	Friday	06:30	07:30	1
		19:00	21:00	2
<b><u>Masters</u></b>	Monday	20:00	21:00	1
	Thursday	20:00	21:00	1
<b><u>Club</u></b>	Thursday	20:00	21:00	1
<b><u>Junior Polo</u></b>	Sunday	17:30	19:00	1.5
<b><u>Senior Polo</u></b>	Sunday	19:00	20:00	1