



PENZANCE SWIMMING ASSOCIATION & WATER POLO CLUB SESSIONS

(with effect from *September 2018*)

SQUAD	DAY	START TIME	FINISH TIME	DURATION (HRS)
Improvers	Monday	17.30	18.30	1
	Thursday	17.30	18.30	1
Development	Monday	17.30	19.00	1.5
	Thursday	17.30	18.30	1
Junior Performance	Monday	6.30	07.30	1
	Monday	18.30	20.00	1.5
	Thursday	18.30	20.00	1.5
	Friday	06.30	07.30	1
	Friday	19.00	21.00	2
Senior Performance	Monday	06.30	07.30	1
	Monday	19.00	21.00	2
	Wednesday	06.30	07.30	1
	Thursday	18.30	20.00	1.5
	Friday	06.30	07.30	1
	Friday	19.00	21.00	2
Masters	Monday	20.00	21.00	1
	Thursday	20.00	21.00	1
Club	Thursday	20.00	21.00	1
Junior Polo	Sunday	16.30	17.30	1
Senior Polo	Sunday	17.30	19.00	1.5