

Warley WASPS Squad Training Times and Venues

Squad Criteria	Day	Time	Venue	Min. No. of Sessions
Transition 7 - 10 years Stroke Development Phase	Monday	5:30 - 6:45 p.m.	Smethwick Swimming Centre	2
	Wednesday	5:30 - 6:30 p.m.	Smethwick Swimming Centre	
	Saturday	8:00 - 9:00 a.m.	Smethwick Swimming Centre	

Squad Criteria	Day	Time	Venue	Min. No. of Sessions
GREY SEALS 9 - 12 years County Targets	Monday	5:30 - 6:45 p.m.	Smethwick Swimming Centre	3
	Wednesday	5:30 - 6:30 p.m.	Smethwick Swimming Centre	
	Friday	7:00 - 9:00 p.m.	Aston University	
	Saturday	8:00 - 9:00 a.m.	Smethwick Swimming Centre	
	Sunday	12:00 - 1:00 p.m.	Langley Swimming Centre	

Squad Criteria	Day	Time	Venue	Min. No. of Sessions
BLUE DOLPHINS 12+ years County & Regional Targets	Monday	6:45 - 8:15 p.m.	Smethwick Swimming Centre	3
	Wednesday	6:30 - 8:00 p.m.	Smethwick Swimming Centre	
	Thursday	6:45 - 8:30 p.m.	Aston University	
	Friday	7:00 - 9:00 p.m.	Aston University	
	Saturday	8:00 - 9:00 a.m.	Smethwick Swimming Centre	
	Sunday	12:00 - 1:00 p.m.	Langley Swimming Centre	

Squad Criteria	Day	Time	Venue	Min. No. of Sessions
WHITE SHARKS 12+ years County Regional & National Targets	Monday	6:45 - 8:30 p.m.	Smethwick Swimming Centre	4
	Tuesday	7:15 - 9:00 p.m.	Aston University	
	Wednesday	7:15 - 9:00 p.m.	Smethwick Swimming Centre	
	Thursday	6:45 - 8:30 p.m.	Aston University	
	Friday	7:00 - 9:00 p.m.	Aston University	
	Saturday	8:00 - 9:00 a.m.	Smethwick Swimming Centre	
	Sunday	12:00 - 1:00 p.m.	Langley Swimming Centre	