

# Training Schedule and Costs WINTER 2018/19

Starting 8/10/18

Day and Time	Session Plan	Venue	Adults	Juniors	
<b>Monday</b>					
05.45 – 07.00	Early morning swim session	Hoo Pool	£6.00	N/A	Free to Gold
19.00 – 20.00	Senior track session	Medway Park Track	£3.80	N/A	Run members
19.00 - 20.00	Comp junior track session	Medway Park Track	N/A	£2.70	Run members
19.00 - 20.00	Junior track session	Medway Park Track	£3.80	N/A	Run members
<b>Tuesday</b>					
05.45 – 07.00	Early morning swim session	Hoo Pool	£6.00	N/A	Free to Gold
18.00 – 19.00	Stroke development two	Hoo Pool	N/A	N/A	Gold members
19.00 – 20.00	Intermediate swim	Hoo Pool	N/A	N/A	Gold members
18.00 – 20.00	Advanced/Inter Dev Swim	Hoo Pool	N/A	N/A	Gold members
<b>Wednesday</b>					
17.30 – 19.00	Junior cycle skills	Gravesend Cyclopark	N/A	£4.50	Bike members
19.00 - 20.00	Social Road Run	Medway Park	N/A	N/A	Free to members
20.30 – 21.30	Technique Night Swim	Medway Park Pool	£6.00	N/A	Free to Gold
<b>Thursday</b>					
05.45 – 07.00	Early morning swim session	Hoo Pool	£6.00	N/A	Free to Gold
19.00 – 21.00	Cyclopark advanced	Gravesend Cyclopark	£5.00	£5.00	Bike members
18.00 – 20.00	Advanced/Inter Dev Swim	Strood Pool	N/A	N/A	Gold members
18.00 – 19.00	Gateway Swim	Strood Pool	N/A	£7.50	Gold members
19.00 – 20.00	Stroke development 1	Strood Pool	N/A	£7.50	Swim members
19.00 – 20.00	Intermediate/SD2 Swim	Strood Pool	N/A	N/A	Gold members
<b>Friday</b>					
18.00 – 19.00	Stroke dev 2/Inters Swim	Hoo Pool	N/A	£7.50	Swim members
19.00 – 20.00	Adult/Adv/Inter Dev Swim	Hoo Pool	£6.00	£7.50	Swim members
<b>Saturday</b>					
08.00 – 09.00	Cross Country	Capstone Park	N/A		Free to members
varies	Junior Bike Ride	Cliffe Woods***	N/A		Free to junior members
09.00 – 12.00	Advanced Junior Bike Ride	Capstone Park***	N/A		Free to junior members
<b>Sunday</b>					
09.00 – 13.30	Social Bike Ride	Capstone Park		N/A	Free to members
18.00 – 19.00	SD1/SD2 Swim	Arethusa	N/A	£7.50	Gold members
18.00 – 19.00	Intermediate swim set	Arethusa	N/A	N/A	Gold members
19.00 – 20.00	Adult/Adv/Inters Dev Swim	Hoo Pool	£6.00	£6.00	Free to Gold

\*\*\*Subject to coaching availability will be confirmed week to week and organized with parents