

City of Stoke SC (COSACSS) Training Timetable

	Fenton		New Horizons	
	AM	PM	PM	
Monday	NS	16:30 - 17:30 Junior	NS	Performance
	Landtraining on Teams 19:30-20:30	17:30 - 19:00 County		
Tuesday	5:15 - 6:45 Performance	20:00 - 21:30 Performance 14/O	NS	County
		20:00 - 21:30 Club		
Wednesday	5:15 - 6:45 County	16:30 - 17:30 Junior	18:00 - 20:00 Performance	Junior
			18:00 - 20:00 Club	
Thursday		17:30 - 19:00 County		Intro
	5:15 - 6:45 Performance		19:00 - 20:30 Performance	
Friday	5:15 - 6:45 Masters		19:00 - 20:30 Club	Development
Friday	5:15 - 6:45 Performance	16:30 - 17:00 Development 1	NS	Club
	5:15 - 6:45 Club	17:00 - 17:45 Development 2		
	5:15 - 6:45 Masters	17:45 - 18:30 Development 3		
		16:30 - 18:00 County		
		16:30 - 18:00 Junior		
		18:00 - 20:00 Performance		
		20:00 - 21:00 Masters		
Saturday	5:15 - 6:45 Performance		NS	Masters
	5:15 - 6:45 Club			
	Landtraining 7:00 - 8:00			
	6:15 - 7:45 County			
	6:45 - 7:45 Junior			
Sunday	NS	Perform. 13/U 17:30 - 19:00	NS	NOTE: Intro swim with Junior Monday or Wednesday by Invitation
		County +		
		17:30 - 18:30 Development 3		
		18:30 - 19:30 Intro		

From April 9th 2022 until further notice