

## City of Stoke SC (COSACSS) Training Timetable

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

Performance

County

Junior

Intro

Development

Masters

**NOTE:**  
Intro swim with Junior  
Monday or Wednesday by  
Invitation