

WSC SQUADS & SESSIONS 2020										No. of Hours
		Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
Performance	AM	5.45-7.30am		5.45-7.30am		5.45-7.30am	8-10am			7.25
	Land	7.30-8pm		7.30-8pm	6-7pm		7-8am	5.30-6pm		3.5
	PM	8-9.30pm	6-8pm	8-9.30pm		6-8pm		6-8pm		9
										19.75
Senior Club / Masters	AM									0
	* Land*									0
	PM	8-9pm		7-8pm				4-5pm		3
										3
Regional Age Group - by invitation	AM									0
	* Land*				6-7pm		7-8am			2
	PM					6-8pm		6-8pm		4
										6
Age Group Potential	AM	5.45-7.30am		5.45-7.30am		5.45-7.30am	8-10am			7.25
	* Land*	6.30-7pm			6.30-7pm			10.30-11.30am		2
	PM	7-8pm	6-8pm	6-7pm	7-8.30pm			5-6pm		6.5
										15.75
Skill Progression	AM									0
	* Land*							10.30-11.30am		1
	PM	6-7pm			6-7pm	7-8.30pm		4-5pm		4.5
										5.5
Skill Development	AM									0
	* Land*									0
	PM	7-8pm		7-8pm		6-7pm				3
										3
Academy	AM									0
	* Land*									0
	PM	6-7pm		6-7pm						2
										2

KEY

Perdiswell
Kings
Malvern
University