

## Swim Sessions (as at 7-May-08)

Pools		Westminster Lodge								StAHS							M'boro		
Classification	Times (pm)	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	5	6	
Sun	5:30 - 6	N/A										✓					N/A		
	6 - 6:30											✓							
	6:30 - 7						✓			✓	✓	✓	✓						
	7 - 7:30						✓			✓	✓	✓							
	7:30 - 8						✓			✓	✓	✓							
	8 - 8:30					✓		✓		✓	✓	✓							
	8:30 - 9					✓		✓		✓	✓	✓							
Mon	6:30 - 7								✓	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
	7 - 7:30			✓		✓													
	7:30 - 8			✓		✓													
	8 - 8:30	✓	✓		✓		✓												
	8:30 - 9	✓	✓		✓		✓												
	9 - 9:30	✓			✓				✓										
9:30 - 10								✓											
Tue	6:45 - 7:00	N/A								✓	✓	✓					N/A	N/A	
	7:00 - 7:45				✓						✓	✓	✓						
	7:45 - 8:00				✓						✓	✓							
	8:00 - 8:15										✓	✓							
Wed	6 - 6:30	N/A								✓	✓	✓		✓			N/A	N/A	
	6:30 - 7									✓	✓	✓		✓					
	7 - 7:30										✓	✓		✓		✓			
	7:30 - 8										✓	✓		✓		✓			
	8 - 8:30										✓	✓		✓		✓			
	8:30 - 9										✓	✓		✓		✓			
	9 - 9:30																		✓
	9:30 - 10																		✓
Thu	6:30 - 7	N/A								✓	✓	✓					N/A	N/A	
	7 - 7:30				✓						✓	✓	✓						
	7:30 - 8				✓						✓	✓							
	8 - 8:30										✓	✓							
	8:30 - 9																		✓
	9 - 9:30																		✓
Fri	7 - 7:30	N/A								✓	✓	✓	✓	✓			N/A	N/A	
	7:30 - 8									✓	✓								
	8 - 8:30									✓	✓								
	8:30 - 9									✓	✓								

Swimmer Classification			
1	Senior squad	5	Boys & Girls 7 - 11yrs
2	Junior squad	6	Recreational Swimmer 12 +
3	Skills development	7	Masters 18 +
4	Boys & Girls 12 +	8	Bottom widths and small pool

KEY	
✓	Denotes approved training session

### Charge Bands

Categories 1 - 3 will pay <b>higher rate</b> .
Categories 4, 5 & 6 If they use St Albans High School pool in any way they pay the <b>higher rate</b> . Those that never
Category 7 Masters shall pay <b>higher rate</b> (except those only using Westminster Lodge middle rate).
Category 8 Bottom widths and small pool widths are not in Categories above and shall pay the <b>lower rate</b> .