



Training Sessions Review

Applying from Monday 9th October 2017

Day	Venue	Time	Training Squad	Lead Coach & Assistant Coaches
Monday	LVL P	8.45pm-9.30pm (Lane Swimming)	Senior Men	Peter Cassidy
Monday	LVL P	9.30pm-10.30pm (Full Pool - Water Polo)	Senior Men	Peter Cassidy
Wednesday	Falls	6.45pm-7.45pm	Women's Div. 2 U17 Girls	Ciaran McGurk Deirdre Cassidy ...with Tony Cassidy
Wednesday	Falls	6.45pm-8.45pm	Women's Div. 1	Peter Cassidy ...with Tony Cassidy
Wednesday	Falls	8.45pm-10.00pm	Senior Men	Peter Cassidy
Friday	Falls	7.00pm-7.30pm (Shallow Water)	FUNDamentals Experience (6yrs to 11yr olds, approx.) Swimmers & Non-Swimmers	Peter Cassidy, Deirdre Cassidy, Lynn Hanna Short, Orla Monaghan & many others
Friday	Falls	7.00pm-8.00pm (Deep Water)	U11 Boys & Girls U9 Boys & Girls (Games)	Lynn Hanna Short ...with Jake Marron, Denis O'Neill & Chris French Damien O'Neill ...with Denis O'Neill & Jake Marron
Friday	Falls	7.30pm-8.30pm (Deep Water)	U13 Boys & Girls U15 Boys U15 Girls	Ciaran McGurk ...with Paul Goss & Yaseen Akhonzada Stephen Durkan & Ciaran McGurk ...with Paul Goss & Adam Cushley Deirdre Cassidy & Ciaran McGurk
Friday	Falls	8.30pm-9.30pm	Men's Div. 2 U19 Boys U17 Boys	Matt Hanna & Denis O'Neill Nathan Taylor ...with Stephen Durkan Nathan Taylor ...with Stephen Durkan, Paul Goss

Fees Applying:

Adults:

- as per current 12 month Standing Order or Cash Payment charging structure

Juniors:

- FUNDamentals session: £2.00pp payable on the night
- All other Junior Sessions: £3.50pp, payable on the training night or 12 month Standing Order arrangement of £10/£20 per month for either single or double training sessions per week.
- An Annual Registration Fee of £45 is required for all juniors attending training sessions, other than the FUNDamentals sessions