

Masters

Lead Coach – Abbie Whiting

Assistants – Molly Coen

### Criteria

18yrs+ confident in 100m continuous swim under 2minuets, and competent on all 4 strokes.

\*\*All external swimmer wanting to join the programme are to contact Performance Coach Jack on [jack.moulton@cosss.co.uk](mailto:jack.moulton@cosss.co.uk) to arrange a trial period\*\*

### Competitions

Masters Counties

Masters Regionals

Swim England Masters Nationals

International Masters Events

British Masters Championships

### Training Times

**Monthly fees – 3 sessions £72 or 2 sessions £52**

	<b>Pool</b>	<b>Venue</b>
Monday		
	20:00 - 21:00	Ponds Forge
Tuesday		
Wednesday		
	20:00 - 21:00	Ponds Forge
Thursday		
	19:30 - 20:30	Ponds Forge
Friday		
Saturday		