

# Training: when, where and with whom?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Pooltime
<b>Learners</b>					4.45-5.45pm Boy's School KW		9-10am 10-11am Boy's School KW	n/a
<b>Junior 1</b>	6-7pm Girl's School KW		7-8pm Tiverton KW	6.30-8pm Girl's School KW	8.30-9.30pm Boy's School KW		11-12pm Boy's School KW	5.5 hours
<b>Junior 2</b>	6-7.30pm Boy's School RP	6-7pm Boy's School RP	7-8pm Tiverton KW	6-7.30pm Boy's School RP	8.30-9.30pm Boy's School KW			6 hours
<b>Junior 3</b>	6-7.30pm Boy's School AF	6-7pm Boy's School AF	6.30-8pm Girl's School TL*	6-7.30pm Boy's School AF	8.30-9.30pm Boy's School IW		11am-1pm Boy's School KW	7.5 hours
<b>Aquarius</b>	7.30-9pm Boy's School TL	7-8.30pm Boy's School TL	6.30-8pm Girl's School TL	7.30-9pm Boy's School TL	8.30-9.30pm Boy's School RI		11am-1pm Boy's School TL	9 hours

\* = Limited spaces. Please speak to your lead coach if you would like to attend this session.

## Lead Coaches

TL = Tom Longvill (Head Coach)  
[tlongvill@googlemail.com](mailto:tlongvill@googlemail.com)  
 07763490422

AF = Andrew Fieldhouse (Head Junior Coach)  
[andrewfieldhouse@hotmail.co.uk](mailto:andrewfieldhouse@hotmail.co.uk)  
 07773866901

KW = Karen Watson  
[kmywatson@blueyonder.co.uk](mailto:kmywatson@blueyonder.co.uk)

RP = Richard Packer  
[jules.rich@blueyonder.co.uk](mailto:jules.rich@blueyonder.co.uk)  
 07974809074

RI = Roshina Iqbal  
 IW = Ian Watson

## The Pools

**Boy's School:**  
 King Edward's School  
 Edgbaston Park Road  
 Birmingham  
 B15 2UA

**Girl's School:**  
 King Edward VI High School for Girls  
 Edgbaston Park Road  
 Birmingham  
 B15 2UB

**Tiverton:**  
 Tiverton Road  
 Selly Oak  
 Birmingham  
 B29 6BU

The entrance to the swimming pool side of the school is off the Bristol Road. Come through Selly Oak, pass by Tesco Express and then Edgbaston Park Road on your left. The Bristol Road entrance to the school is just after the speed camera and is signposted. As you come up the entrance road, you will see the sports fields on your left and the swimming pool complex straight in front. Follow the road round to the Parade Ground besides the pool where there is extensive free parking.

Follow the directions to the Boy's School pool above. Before you turn into the Parade Ground you can see the pool further up the road on the right, above the hockey pitches. Again, best parking is on the Parade Ground near the Boy's School pool – just a short walk away.

Follow signs for 'Swimming Pool' in Selly Oak by Aldi on the Bristol Road. Continue straight along narrow Tiverton Road with parked cars on both sides. Continue over one junction. The swimming pool is on the right. Parking is free on the streets by the pool.