

# Training: when, where and with whom?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Pooltime
<b>Learners</b>				6-7pm Girl's School KW (Nursery Groups)	4.45-5.45pm Boy's School KW		9-10am 10-11 am Boy's School KW	n/a
<b>Junior 1</b>	6-7pm Girl's School KW		6.30-7.30pm Girl's School KW	7-8pm Girl's School KW	8.30-9.30pm Boy's School KW		11am-12pm Boy's School KW	5.5 hours
<b>Junior 2</b>	6-7.30pm Boy's School AF	6-7pm Boy's School AF	6.30-7.30pm Girl's School IW	6-7.30pm Boy's School AF	8.30-9.30pm Boy's School KW		12pm-1pm Boy's School IW	7 hours
<b>Junior 3</b>	6-7.30pm Boy's School AF	6-7pm Boy's School AF	7.30-9pm Girl's School AF	6-7.30pm Boy's School AF	8.30-9.30pm Boy's School KW		12pm-1pm Boy's School IW	7.5 hours
<b>Aquarius Performance</b>	7.30-9pm Boy's School CF	7-8.30pm Boy's School CF	7.30-9pm Girl's School CF	7.30-9pm Boy's School CF	7-8pm Edgbaston HS CF		11am-1pm Boy's School CF	9 hours
<b>Aquarius Club</b>		7-8.30pm Boy's School KW/LM		8-9pm Girl's School KW	8.30-9.30pm Boy's School KW		12pm-1pm Boy's School KW	4.5 hours

## The Pools

### Lead Coaches

CF = Carl Flynn (Head Coach)  
[carl@carl712.orangehome.co.uk](mailto:carl@carl712.orangehome.co.uk)

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)

IW = Ian Watson  
 LM = Loz Miller

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

Come through Selly Oak or along the Bristol Road and turn into Edgbaston Park Road. The current car park for the swimming pool is the same as the one teachers and parents use for the school. Enter through the main gates off Edgbaston Park Road and park as far up the main drive/car park as you can. Walk round the grass circle at the end and head towards the hockey pitches which are down the grass bank. Walk on the top of the bank on the gravel path beside the fenced off construction site (on your right) and the hockey pitches (on your left). As the gravel path finishes, walk round to the right, keeping the construction site to your right. Walk forward towards the sports fields and then left. The pool is the last building straight in front of you on your left.

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

Follow the directions to the Boy's School car park above. Walk round the grass circle but do not head towards the hockey pitches. Instead head left. The pool is straight in front of you on your right.

**Edgbaston HS:** Edgbaston High School for Girls, Westbourne Road, Edgbaston, Birmingham. B15 3TS.