

WEST ISLAND SCHOOL Team Training Schedule					
SQUADS	Mon PM	Tue PM	Wed PM	Thu PM	Fri PM
Gold WIS - EDWARD BORJA					
Swim	1835-2035		1835-2035		1830-2030
Silver 1 WIS - ARNON SERAG					
Swim	1835-1935		1835-1935		1830-1930
Silver 2 WIS - ARNON SERAG - this session TBC at later date					
Swim	1935-2035		1935-2035		1930-2030
Bronze WIS - CARLI BOTHA					
Swim		1830 - 1930		1830-1930	
CLUB TRAINING SQUAD - JEFFREY PADILLA					
Swim		1830- 1930		1830- 1930	