

Affiliated to ASA East Region & Suffolk County ASA

Website - <http://www.sc-torpedoes.co.uk/>

### Training Sessions (from Sept 2017)

#### Diddy Squad

Thursday 7pm-8pm Martlesham Primary School Pool  
(term time only)

**Notes:**  
*basics of water polo in shallow pool*

#### Diddy Squad (with transition stage 1)

Tuesday\* 7:30pm-8:15pm Felixstowe Leisure Centre

**Notes:**  
*with Inter Squad  
\* 4<sup>th</sup> Tuesday in the month*

Thursday 7pm-8pm Martlesham Primary School Pool  
(term time only)

**Notes:**  
*basics of water polo in shallow pool*

#### Diddy Squad (with transition stage 2)

Tuesday\* 7:30pm-8:15pm Felixstowe Leisure Centre

**Notes:**  
*with Inter Squad  
\* 4<sup>th</sup> Tuesday in the month*

Thursday 7pm-8pm Martlesham Primary School Pool  
(term time only)

Friday 8-8:45pm Crown Pools, Ipswich, (term time only)

**Notes:**  
*With inter squad on 2<sup>nd</sup> Fridays in a month*

#### Inter Squad

Tuesday 7:30pm-8:15pm Felixstowe Leisure Centre

**Notes:**  
*45 mins for stamina and skills training*

Friday 8pm -8:45pm Crown Pools, Ipswich, (term time only)

**Notes:**  
*6 lanes for stamina and skills training*

#### Inter Squad (with transition)

Tuesday\* 7:30pm-8:15pm Felixstowe Leisure Centre (\*)

**Notes:**  
*45mins Inters Only next 45 mins*

Tuesday\* 8:15-9pm Felixstowe Leisure Centre (\*)

**Notes:**  
*with Junior Squad on 4<sup>th</sup> Tuesday in month*

Friday 8-8:45pm Crown Pools, Ipswich, (term time only)

**Notes:**  
*6 lanes – Inter Squad Only plus invited Diddy's*

#### Junior Squad (and Higher Education rate students when visiting)

Tuesday 8:15pm-9:00pm Felixstowe Leisure Centre

**Notes:**  
*With transitioning Inters'*

Friday 8pm - 8:45pm Crown Pools, Ipswich, (term time only)

**Notes:**  
*2 lane Swim set*

Friday 8:45pm-9:30pm Crown Pools, Ipswich, (term time only)

**Notes:**  
*Whole Pool*

#### *Optional Land training for Junior Squad Members*

Tuesday 7:30pm-8:00pm Felixstowe Leisure Centre

**Notes:**  
*Additional Monthly Charge*