

Squad fee	Skills 1 £40	Skills 2 £45	Skills 3 £50	Skills 4
Monday		18.45hrs to 19.45hrs Rhondda Sports centre	18.30hrs to 19.30hrs Bronwydd Porth	NO SKILLS 4 AT Present
Tuesday	17.55 to 18.45 Beddau	18.55 to 19.55 Beddau		
Weds				
Thurs	17.15 to 18.15 Beddau	18.15 to 19.15 Beddau	17.00hrs to 18.00hrs Tonyrefail	
Friday			18.15hrs to 19.15hrs Tonyrefail	
Saturday				
Sunday				
Fee	Seniors £45	Performance 3 £60	Performance 2 £65	Performance 1 £75
Monday	19.30hrs to 21.00hrs Bronwydd Porth	17.15hrs to 18.45hrs Rhondda Sports centre		16.30hrs to 18.30hrs Bronwydd Porth
Tuesday			06.00hrs to 07.30hrs Bronwydd Porth	06.00hrs to 07.30hrs Bronwydd Porth
		18.10hrs to 20.00hrs Tonyrefail	18.10hrs to 20.00hrs Tonyrefail	16.30hrs to 18.30hrs Tonyrefail
Weds			18.30hrs to 20.00hrs Bronwydd Porth	16.30hrs to 18.30hrs Bronwydd Porth
Thurs			06.00hrs to 07.30hrs Bronwydd Porth	06.00hrs to 07.30hrs Bronwydd Porth
	19.15hrs to 21.00hrs Lido Pontpridd	19.15hrs to 20.45hrs Lido Pontpridd	17.30hrs to 19.30hrs Llantrisant	16.00hrs to 18.00hrs Llantrisant
Friday		16.45hrs to 18.15hrs Llantrisant	17.40hrs to 19.30hrs Llantrisant	16.00hrs to 18.00hrs Llantrisant
Saturday		Longcourse training when available	Longcourse training when available	Long course Training when available
Sunday		07.15hrs to 08.45hrs Llantrisant		