

# Revised Training Schedule

Monday 6th September - Sunday 12th September

Boldon Pool is being refurbished and as a result there is no swimming at Boldon this week

Squad	A	A	B	B	C	C	D
Time	am	pm	am	pm	am	pm	am/pm
Monday	No Training Session this week	5.00-6.30	No Training Session this week	5.00-6.30		4.00-5.00	4.00-5.00pm
Venue		Hebburn		Hebburn		Hebburn	Hebburn
Tuesday		5.30-6.45 Beach Training		6.00-7.00 Gym		6.00-7.00 Gym	
Venue		South Shields		Harton TC		Harton TC	
Wednesday		7.30-9.00		7.30-9.00		7.30-9.00	
Venue		Hebburn		Hebburn		Hebburn	
Thursday		Beach Training - Cancelled		Beach Training - Cancelled			
Venue							
Friday	No Training Session this week	5.00-6.30	No Training Session this week	5.00-6.30	No Training Session this week	4.00-5.00	4.00-5.00
Venue		Hebburn		Hebburn		Hebburn	Hebburn
Saturday	6.00-8.00		6.00-8.00				No Training Session this week
Venue	Hebburn		Hebburn				
Sunday						1.30-3.30	2.30-3.30
Venue						Hebburn	Hebburn

