



SOUTH TYNESIDE SWIMMING CLUB

Squad Timetable 3rd – 30th August 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
D Squad	4.00-5.00pm	No Training	6.45-7.45pm	4.00-5.00pm	No Training	No Training	No Training
C Squad	4.00-5.30pm		6.45-7.45pm	4.00-5.30pm			
A & B Squads	5.30-7.30pm		7.45-9.15pm	5.30-7.30pm			
Venue	Jarrow		Hebburn	Jarrow			

- Land Training sessions during August will be organised at the discretion of the Coach.
- Sprint Squad swimmers may attend any A&B Squad sessions throughout August.
- There will be no training on Bank Holiday Monday 31st August.

The normal Training Schedule will re-commence on Tuesday 1st September except there will be no early morning training on Friday 4th or Monday 7th September.

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