



SOUTH TYNESIDE SWIMMING CLUB

Christmas Training Programme 2015/2016

	A Squad	B Squad	C Squad	D Squad
Monday 21st December	5:00am - 7:00am Hebburn 5:30pm - 7:30pm Jarrow	5:00pm - 6:30pm Hebburn	4:00pm - 5:30pm Jarrow	4:00pm - 5:00pm Hebburn
Tuesday 22nd December	5:00pm - 7:00pm Jarrow	5:00pm - 7:00pm Jarrow		
Wednesday 23rd December	5:00pm - 7:00pm HP	5:00pm - 7:00pm HP	7:45pm - 9:15pm Hebburn	
Thursday 24th December	10:00am - 12:00pm Jarrow	10:00am - 12:00pm Jarrow	9:00am - 10:00am Jarrow	9:00am - 10:00am Jarrow
Friday 25th December	Merry Christmas	Merry Christmas	Merry Christmas	Merry Christmas
Saturday 26th December	No Training	No Training	No Training	No Training
Sunday 27th December	No Training	No Training	No Training	No Training
Monday 28th December	No Training	No Training	No Training	No Training
Tuesday 29th December	9:00am - 10:00am Jarrow	9:00am - 10:00am Jarrow	8:00am - 9:00am Jarrow	8:00am - 9:00am Jarrow
Wednesday 30th December	8:00am - 10:00am Jarrow	8:00am - 10:00am Jarrow	No Training	
Thursday 31st January	8:00am - 10:00am Jarrow	8:00am - 10:00am Jarrow	No Training	
Friday 1st January	Happy New Year	Happy New Year	Happy New Year	Happy New Year
Saturday 2nd January	7:00am - 9:00am HP	7:00am - 9:00am HP	7:00am - 9:00am HP	8:00am - 9:00am HP
Sunday 3rd January			No Training	

