



SOUTH TYNESIDE SWIMMING CLUB

Easter Training Programme 2016

Date	A Squad	B Squad	C Squad	D Squad
Friday 25th March	No Training	No Training	No Training	No Training
Saturday 26th March	7.00am - 9.00am HP	7.00am - 9.00am HP	8.00am - 9.00am HP	8.00am - 9.00am HP
Sunday 27th March			No Training	
Monday 28th March	No Training	No Training	No Training	No Training
Tuesday 29th March	5.00pm - 7.00pm Jarrow	5.00pm - 7.00pm Jarrow	5.00pm - 7.00pm Jarrow	
Wednesday 30th March	7.45pm - 9.15pm Hebburn	7.45pm - 9.15pm Hebburn	7.45pm - 9.15pm Hebburn	
Thursday 31st March	6.30pm - 8.00pm Jarrow	6.30pm - 8.00pm Jarrow	6.30pm - 8.00pm Jarrow	
Friday 1st April	5.00pm - 6.30pm Hebburn	5.00pm - 6.30pm Hebburn	5.00pm - 6.30pm Hebburn	4.00pm - 5.00pm Jarrow
Saturday 2nd April	No Training	No Training	No Training	9.00am - 10.00am Jarrow
Sunday 3rd April	No Training	No Training	No Training	
Monday 4th April	5.00pm - 6.30pm Jarrow	5.00pm - 6.30pm Jarrow	5.00pm - 6.30pm Jarrow	4.00pm - 5.00pm Jarrow
Tuesday 5th April	5.00pm - 7.00pm Jarrow	5.00pm - 7.00pm Jarrow	5.00pm - 7.00pm Jarrow	
Wednesday 6th April	5.00pm - 7.00pm HP	5.00pm - 7.00pm HP	7.45pm - 9.15pm Hebburn	
Thursday 7th April	6.30pm - 8.00pm Jarrow	6.30pm - 8.00pm Jarrow	No Training	
Friday 8th April	5.00am - 7.00am Hebburn	5.30am - 7.00am Hebburn		
	5.00pm - 6.30pm Hebburn	5.00pm - 6.30pm Hebburn		4.00pm - 5.00pm Jarrow
Saturday 9th April	7.00am - 9.00am HP	7.00am - 9.00am HP		9.00am - 10am Jarrow
Sunday 10th April			1.45pm - 3.45pm Hebburn	

Amended 09/04/2016

