



SOUTH TYNESIDE SWIMMING CLUB

Summer Training Programme 2016

End of July

| | A Squad | B Squad | C Squad | D Squad |
|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Monday 25th | 5.30pm-7.30pm Jarrow | 5.00pm-6.30pm Hebburn | 4.00pm-5.30pm Jarrow | 4.00pm-5.00pm Hebburn |
| Tuesday 26th | 5.00pm-7.00pm Jarrow | 5.00pm-7.00pm Jarrow | | |
| Wednesday 27th | 5.00pm-7.00pm H.P | 5.00pm-7.00pm H.P | 7.45pm-9.15pm Hebburn | |
| Thursday 28th | 6.30pm-8.00pm Jarrow | 6.30pm-8.00pm Jarrow | No Training | |
| Friday 29th | 5.00pm-6.30pm Hebburn | 5.00pm-6.30pm Hebburn | | 4.00pm-5.00pm Jarrow |
| Saturday 30th | 7.00am-9.00am H.P | 7.00am-9.00am H.P | | 9.00am-10.00am Jarrow |
| Sunday 31st | | | 1.45pm-3.45pm Hebburn | |

August*

All sessions in August will be held at Jarrow pool

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|---|---------------|---------------|---------------|---------------|
| Monday **1st, 8th, 15th, 22nd, *** | 6.00pm-7.30pm | 6.00pm-7.30pm | 5.00pm-6.00pm | 4.00pm-5.00pm |
| Tuesday 2nd, 9th, 16th, 23rd, 30th | 5.00pm-7.00pm | 5.00pm-7.00pm | | 4.00pm-5.00pm |
| Thursday 4th, 11th, 18th, 25th & Sept 1st | 5.00pm-7.00pm | 5.00pm-7.00pm | 7.00pm-8.00pm | |

*During August Sprint Squad may attend any two B Squad sessions per week.

**July Swimmer of the Month will be presented to Squads on Monday 1st August.

***Please note there is no training for any Squad on Bank Holiday Monday, August 29th.

The Training Schedule for 2016 – 2017 will commence on Monday 5th September. Details will be published nearer the date.

