



# SOUTH TYNESIDE SWIMMING CLUB

## Summer Training Programme 2022

Date	A/P Squad	B Squad	C Squad	D Squad
Friday 22 <sup>nd</sup> July	5:00pm - 7:00pm Hebburn	5:00pm - 7:00pm Hebburn		4:00pm - 5:00pm Jarrow
Saturday 23 <sup>rd</sup> July	7:00am - 9:00am HP	7:00am - 9:00am HP		9:00am – 10:00am Jarrow
Sunday 24 <sup>th</sup> July			1:30pm - 3:30pm Hebburn	
Monday 25 <sup>th</sup> July	5:30pm - 7:30pm Jarrow	5:30pm - 7:30pm Jarrow	4:00pm - 5:30pm Jarrow	4:00pm - 5:00pm Hebburn
Tuesday 26 <sup>th</sup> July	5:00pm - 7:00pm Jarrow	5:00pm - 7:00pm Jarrow		
Wednesday 27 <sup>th</sup> July	5:30pm - 7:30pm HP	5:30pm - 7:30pm HP	7:45pm - 9:15pm Hebburn	
Thursday 28 <sup>th</sup> July	5:30pm - 7:00pm Jarrow	5:30pm - 7:00pm Jarrow	4:00pm - 5:30pm Jarrow	
Friday 29 <sup>h</sup> July	5:00pm - 7:00pm Hebburn	5:00pm - 7:00pm Hebburn		4:00pm - 5:00pm Jarrow
Saturday 30 <sup>th</sup> July	7:00am - 9:00am HP	7:00am - 9:00am HP		9:00am – 10:00am Jarrow
Sunday 31 <sup>st</sup> July			1:30pm - 3:30pm Hebburn	
<u>Mondays</u> 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> & 22 <sup>nd</sup> August	5.45pm - 7.45pm Jarrow	5:45pm - 7.45pm Jarrow	4:45pm - 5:45pm Jarrow	3:45pm - 4:45pm Jarrow
<u>Wednesdays</u> 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>h</sup> & 24 <sup>th</sup> & 31 <sup>st</sup> August	5:30pm - 7:30pm HP	5:30pm - 7:30pm HP	5:30pm - 7:30pm HP	5:30pm – 6:30pm HP
<u>Thursdays</u> 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>h</sup> August & 1 <sup>st</sup> September	5:00pm - 7:00pm Jarrow	5:00pm - 7:00pm Jarrow	4:00pm - 5:00pm Jarrow	

Sprint Squad swimmers may attend any two B Squad sessions per week

\*Note: Monday 29<sup>h</sup> August is a Bank Holiday and there will be no training

Normal Training Schedule will resume Monday 5<sup>th</sup> September except there will be no early morning training on Friday of the first week back for A/P & B Squad

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