



SOUTH TYNESIDE SWIMMING CLUB

Christmas Training Programme 2014/2015

Date	A Squad	B Squad	C Squad	D Squad
Sunday 21 st December			No Training	
Monday 22 nd 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 23 rd December	10:00am - 11:00am Beach 5:00pm - 7:00pm Jarrow	10:00am - 11:00am Beach 5:00pm - 7:00pm Jarrow	10:00am - 11:00am Beach*	
Wednesday 24 th December	10:00am - 12:00pm Jarrow	10:00am - 12:00pm Jarrow	9:00am - 10:00am Jarrow	9:00am - 10:00am Jarrow
Thursday 25 th December	Merry Christmas	Merry Christmas	Merry Christmas	Merry Christmas
Friday 26 th December	No Training	No Training	No Training	No Training
Saturday 27 th December	7:00am - 9:00am Shields**	7:00am - 9:00am Shields	8:00am - 9:00am Shields	No Training
Sunday 28 th December			No Training	
Monday 29 th December	9:00am - 10:00am Land Training*** 10:00am - 12:00pm Hebburn	9:00am - 10:00am Land Training*** 10:00am - 12:00pm Hebburn	9:00am - 10:00am Hebburn	9:00am - 10:00am Hebburn
Tuesday 30 th December	10:00am - 12:00pm Hebburn	10:00am - 12:00pm Hebburn	9:00am - 10:00am Hebburn	
Wednesday 31 st December	10:00am - 12:00pm Hebburn	10:00am - 12:00pm Hebburn	9:00am - 10:00am Hebburn	9:00am - 10:00am Hebburn
Thursday 1 st January	Happy New Year	Happy New Year	Happy New Year	Happy New Year
Friday 2 nd January	5:00pm - 7:00pm Jarrow	5:00pm - 6:30pm Hebburn		4:00pm - 5:00pm Jarrow
Saturday 3 rd January	7:00am - 9:00am Shields**	7:00am - 9:00am Shields	8:00am - 9:00am Shields	No Training
Sunday 4 th January			No Training	

* Optional

** Weights 6:30am - 7:00am - 15yrs+

*** Meet at Hebburn Pool

