



# SOUTH TYNESIDE SWIMMING CLUB

## SQUAD TIMETABLE 3<sup>rd</sup> - 31<sup>st</sup> AUGUST 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
	4	5	6	7	8	9	10						
C & D Squads	4.00-5.00pm	6.00-7.00pm	5.00-6.00pm	<b>NO TRAINING</b>	<b>NO TRAINING</b>	<b>NO TRAINING</b>	<b>NO TRAINING</b>						
A & B Squads	5.00-6.30pm	A,B and C	5.00-7.00pm										
Venue	Jarrow	Boldon	Shields										
	11	12	13		14			15	16	17			
C & D Squads	4.00-5.00pm	6.00-7.00pm	5.00-6.00pm		<b>NO TRAINING</b>			4.00-5.00pm	<b>NO TRAINING</b>	<b>NO TRAINING</b>			
A & B Squads	5.00-6.30pm	A,B and C	5.00-7.00pm					5.00-6.30pm					
Venue	Jarrow	Boldon	Shields					Jarrow					
	18	19	20					21			22	23	24
C & D Squads	4.00-5.00pm	6.00-7.00pm	5.00-6.00pm					<b>NO TRAINING</b>			4.00-5.00pm	<b>NO TRAINING</b>	<b>NO TRAINING</b>
A & B Squads	5.00-6.30pm	A,B and C	5.00-7.00pm								5.00-6.30pm		
Venue	Jarrow	Boldon	Shields								Jarrow		
	25	26	27								28		
C & D Squads	<b>NO TRAINING BANK HOLIDAY</b>	6.00-7.00pm	5.00-6.00pm	<b>NO TRAINING</b>		4.00-5.00pm	<b>NO TRAINING</b>				<b>NO TRAINING</b>		
A & B Squads		A,B and C	5.00-7.00pm			5.00-6.30pm							
Venue		Boldon	Shields			Jarrow							

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