



SOUTH TYNESIDE SWIMMING CLUB

End of July Training Programme 2015

Date	A Squad	B Squad	C Squad	D Squad
Monday 20 th July	No Early Morning 5.30-7.30pm Jarrow	5.00-6.30pm Hebburn	4.00-5.30pm Jarrow	4.00-5.00pm Hebburn
Tuesday 21 st July	5.00-7.00pm Jarrow	5.00-7.00pm Jarrow	No Land Training	
Wednesday 22 nd July	5.00-7.00pm Haven Point	5.00-7.00pm Haven Point	7.45-9.15pm Hebburn	
Thursday 23 rd July	6.30-8.00pm Jarrow	6.30-8.00pm Jarrow	No Training*	
Friday 24 th July	No Early Morning 5.00-6.30pm Hebburn	No Early Morning 5.00-6.30pm Hebburn	*4.00-5.00pm Jarrow	4.00-5.00pm Jarrow
Saturday 25 th July	7.00-9.00am Haven Point	7.00-9.00am Haven Point	**7.30-9.00am Haven Point	9.00-10.00am Jarrow
Sunday 26 th July			No Training**	
Monday 27 th July	No Early Morning 5.30-7.30pm Jarrow	5.00-6.30pm Hebburn	4.00-5.30pm Jarrow	4.00-5.00pm Hebburn
Tuesday 28 th July	5.00-7.00pm Jarrow	5.00-7.00pm Jarrow	No Land Training	
Wednesday 29 th July	5.00-7.00pm Haven Point	5.00-7.00pm Haven Point	7.45-9.15pm Hebburn	
Thursday 30 th July	6.30-8.00pm Jarrow	6.30-8.00pm Jarrow	No Training***	
Friday 31 st July	No Early Morning 5.00-6.30pm Hebburn	No Early Morning 5.00-6.30pm Hebburn	***4.00-5.00pm Jarrow	4.00-5.00pm Jarrow
Saturday 1 st August	7.00-9.00am Haven Point	7.00-9.00am Haven Point	****7.30-9.00am Haven Point	9.00-10.00am Jarrow
Sunday 2 nd August			No Training****	

