



# SOUTH TYNESIDE SWIMMING CLUB

## Easter Training Programme 2018

Date	A/P Squad	B Squad	C Squad	D Squad	DD Squad
Friday 30 <sup>th</sup> March	No Training	No Training		No Training	No Training
Saturday 31 <sup>st</sup> March	7:00am - 9:00am HP	7:00am - 9:00am HP		8:00am - 9:00am HP	8:00am - 9:00am HP
Sunday 1 <sup>st</sup> April			No Training		
Monday 2 <sup>nd</sup> April	No Training	No Training	No Training	No Training	No Training
Tuesday 3 <sup>rd</sup> April	6:00am - 8:00am Jarrow Hebburn 5:00pm - 7:00pm Jarrow Hebburn	6:00am - 8:00am Jarrow Hebburn 5:00pm - 7:00pm Jarrow Hebburn	4:00pm - 5:00pm Jarrow Hebburn		
<b>Wednesday 4<sup>th</sup> April**</b>	5:00am - 7:00am Hebburn 5:00pm - 7:00pm HP <b>Then 7:00pm – 8:00pm Land</b>	5:00am - 7:00am Hebburn 5:00pm - 7:00pm HP <b>Then 7:00pm – 8:00pm Land</b>	7:45pm - 9:15pm Hebburn		7:00pm - 8:00pm HP
Thursday 5 <sup>th</sup> April	6:00am - 8:00am Jarrow 5:00pm - 7:00pm Jarrow	6:00am - 8:00am Jarrow 5:00pm - 7:00pm Jarrow	No Training		
Friday 6 <sup>th</sup> April	5:00am - 7:00am Hebburn <b>Then 7:15am – 8:00am Land</b> 5:00pm - 7:00pm Hebburn	5:00am - 7:00am Hebburn <b>Then 7:15am – 8:00am Land</b> 5:00pm - 7:00pm Hebburn		4:00pm - 5:00pm Jarrow	4:00pm - 5:00pm Hebburn
Saturday 7 <sup>th</sup> April	7:00am - 9:00am HP	7:00am - 9:00am HP	7:30am - 9:00am HP	9:00am - 10:00am Jarrow	9:00am - 10:00am Jarrow
Sunday 8 <sup>th</sup> April			1:45pm - 3:45pm Hebburn		
Monday 9 <sup>th</sup> April	5:00am - 7:00am Hebburn 5:30pm - 7:30pm Jarrow	5:00pm - 7:00pm Hebburn	4:00pm - 5:30pm Jarrow	4:00pm - 5:00pm Hebburn	4:00pm - 5:00pm HP
Tuesday 10 <sup>th</sup> April	5:00pm - 7:00pm Jarrow	5:00pm - 7:00pm Jarrow			
<b>Wednesday 11<sup>th</sup> April**</b>	5:00pm - 7:00pm HP	5:00pm - 7:00pm HP	5:00pm - 7:00pm HP	5:00pm - 7:00pm HP	5:00pm - 7:00pm HP
Thursday 12 <sup>th</sup> April	6:30pm - 8:00pm Jarrow	6:30pm – 8:00pm Jarrow	No Training		
Friday 13 <sup>th</sup> April	5:00am - 7:00am Hebburn 5:00pm - 7:00pm Hebburn	5:30am - 7:00am Hebburn 5:00pm - 7:00pm Hebburn	4:00pm - 5:00pm Hebburn	4:00pm - 5:00pm Jarrow	4:00pm - 5:00pm Jarrow
Saturday 14 <sup>th</sup> April	No Training	No Training		9:00am - 10:00am Jarrow	
Sunday 15 <sup>th</sup> April			No Training		

**\*\*Swimmer of the Month will be held on Wednesday 11<sup>th</sup> April**

**Please note there will be no morning training on Monday 16<sup>th</sup> April**

*Updated 03/04/2018*