



SOUTH TYNESIDE SWIMMING CLUB

Summer Training Programme 2018

Date	A/P Squad	B Squad	C Squad	D Squad	DD Squad
Monday 23 rd July	5:30pm - 7:30pm Jarrow	5:00pm - 6:30pm Hebburn	4:00pm - 5:30pm Jarrow	4:00pm - 5:00pm Hebburn	4:00pm - 5:00pm HP
Tuesday 24 th July	5:00pm - 7:00pm Jarrow	5:00pm - 7:00pm Jarrow			
Wednesday 25 th July	5:00pm - 7:00pm HP	5:00pm - 7:00pm HP	7:45pm - 9.15pm Hebburn		7:00pm - 8:00pm HP
Thursday 26 th July	6:30pm - 8:00pm Jarrow	6:30pm - 8:00pm Jarrow	No Training		
Friday 27 th July	5:00pm - 7:00pm Hebburn	5:00pm - 7:00pm Hebburn		4:00pm - 5:00pm Jarrow	4:00pm - 5:00pm Hebburn
Saturday 28 th July	7:00am - 9:00am HP	7:00am - 9:00am HP	7:30am - 9:00am HP	9:00am - 10:00am Jarrow	
Sunday 29 th July			1:45pm - 3:45pm Hebburn		
<u>Mondays</u> 30 th July, 6 th , 13 th & 20 th August	6:00pm - 7.30pm Jarrow	6:00pm - 7.30pm Jarrow	4:00pm - 5:00pm Jarrow	5:00pm - 6:00pm Jarrow	5:00pm - 6:00pm Jarrow
<u>Wednesdays</u> *1 st , 8 th , 15 th , 22 nd & 29 th August	5:00pm - 7:00pm HP S&C 7:00pm - 8:00pm HP	5:00pm - 7:00pm HP S&C 7:00pm - 8:00pm HP	5:00pm - 7:00pm HP S&C 7:00pm - 8:00pm HP	*	*7:00pm - 8:00pm HP
<u>Thursdays</u> 2 nd , 9 th , 16 th , 23 rd & 30 th August	6:00pm - 8:00pm Jarrow	6:00pm - 8:00pm Jarrow		5:00pm - 6:00pm Jarrow	

- *Swimmer of the Month will be held at Haven Point on **Wednesday 1st August 5:00pm - 7:00pm for all Squads**
- Sprint Squad swimmers may attend any two B or C Squad sessions per week
- Note: Monday 27th August is a Bank Holiday and there will be no training
- Normal Training Schedule will resume Monday 3rd September except there will be no early morning training on the Monday or Friday of the first week back

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