



SOUTH TYNESIDE SWIMMING CLUB

Easter Training Programme 2019

Date	A/P Squad	B Squad	C Squad	D Squad	DD Squad
Friday 5 th April	5:00am - 7:00am Hebburn 5:00p - 7:00pm Hebburn	5:30am - 7:00am Hebburn 5:00pm - 7:00pm Hebburn		4:00pm - 5:00pm Jarrow	4:00pm - 5:00pm Hebburn
Saturday 6 th April	7:00am - 9:00am HP	7:00am - 9:00am HP		9:00am - 10:00am** Jarrow	
Sunday 7 th April			1:45pm - 3:45pm Hebburn		
Monday 8 th April	5:00am - 7:00am Hebburn 5:30pm - 7:30pm Jarrow	5:00a - 7:00am Hebburn 5:30pm - 7:30pm Jarrow	4:00pm - 5:30pm Jarrow	4:00pm - 5:00pm Hebburn	4:00pm - 5:00pm Hebburn
Tuesday 9 th April	6:00am - 8:00am Jarrow 5:00pm - 7:00pm Jarrow	6:00am - 8:00am Jarrow 5:00pm - 7:00pm Jarrow			
Wednesday 10 th April	5:00am - 7:00am Hebburn 5:00pm - 7:00pm HP Then 7:00pm - 8:00pm Land	5:00am - 7:00am Hebburn 5:00pm - 7:00pm HP Then 7:00pm - 8:00pm Land	7:45pm - 9:15pm Hebburn		No Training*
Thursday 11 th April	6:00am - 8:00am Jarrow 5:00pm - 7:00pm Jarrow	6:00am - 8:00am Jarrow 5:00pm - 7:00pm Jarrow	No Training*		
Friday 12 th April	5:00am - 7:00am Hebburn	5:00am - 7:00am Hebburn	*5:00pm - 7:00pm Hebburn	4:00pm - 5:00pm Jarrow	4:00pm - 5:00pm Jarrow
Saturday 13 th April	7:00am - 9:00am HP	7:00am - 9:00am HP		9:00am - 10:00am Jarrow	*9:00am - 10:00am Jarrow
Sunday 14 th April			1:45pm - 3:45pm Hebburn		
Monday 15 th April	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	4:00pm - 5:00pm Hebburn
Tuesday 16 th April	5:00pm - 7:00pm Jarrow	5:00pm - 7:00pm Jarrow			
Wednesday 17 th April	5:00pm - 7:00pm HP Then 7:00pm - 8:00pm Land	5:00pm - 7:00pm HP	7:45pm - 9:15pm Hebburn	*7:00pm - 8:00pm HP	7:00pm - 8:00pm HP
Thursday 18 th April	5:30pm - 7:00pm Jarrow	5:30pm - 7:00pm Jarrow	4:00pm - 5:30pm Jarrow No Land Training		
Friday 19 th April	No Training	No Training		No Training*	No Training
Saturday 20 th April	7:00am - 9:00am HP	7:00am - 9:00am HP		No Training	
Sun 21 st April			No Training		
Mon 22 nd April	No Training	No Training	No Training	No Training	No Training

*Alternative training session

**Corrected 02/04/19

Email: contact@stswim79.co.uk
 Web: www.stswim79.co.uk

