



## SOUTH TYNESIDE SWIMMING CLUB

### New Temporary Training Schedule

Day	A/P Squad Over 12	P Squad/Under 12	B Squad	C Squad	D Squad 1	D Squad 2
Monday	6.40pm - 8.00pm Jarrow	6.40pm - 8.00pm Jarrow	5.10pm - 6.30pm Jarrow	4.00pm - 5.00pm Jarrow***		
Tuesday	6.15pm - 8.15pm Jarrow	6.15pm - 8.15pm Jarrow	4.00pm - 6.00pm Jarrow			
Wednesday	5.30pm - 7.30pm HP	5.30pm - 7.30pm HP	5.30pm - 7.30pm HP	6.45pm - 8.45pm Hebburn***	4.00pm - 5.00pm Jarrow	5.15pm - 6.15pm Jarrow
Thursday	5.15pm - 6.45pm Jarrow	5.15pm - 6.45pm Jarrow	7.00pm - 8.30pm Jarrow	4.00pm - 5.00pm Jarrow		
Friday - AM	5.00am - 7.00am **Hebburn					
Friday - PM				4.00pm - 5.00pm Jarrow		
Saturday	*6.00am - 8.00am HP	*6.00am - 8.00am HP	*6.00am - 8.00am HP		8.30am - 9.30am Jarrow	9.45am - 10.45am Jarrow
Sunday	No Training	No Training	No Training	No Training	No Training	No Training

\*\*\*Sprint Squad sessions

\* Updated 15/09/2020

\*\* Updated 29/09/2020

Email: [contact@stswim79.co.uk](mailto:contact@stswim79.co.uk)

Web: [www.stswim79.co.uk](http://www.stswim79.co.uk)