



SOUTH TYNESIDE SWIMMING CLUB

New Temporary Training Schedule From Monday 2nd November

Day	A/P Squad Over 12	P Squad/Under 12	B Squad	C Squad	D Squad 1	D Squad 2
Monday	5.45pm - 7.45pm Jarrow	5.45pm - 7.45pm Jarrow		4.00pm - 5.30pm Jarrow*		
Tuesday	6.15pm - 8.15pm Jarrow	6.15pm - 8.15pm Jarrow	5.00pm - 7.00pm Baldon		4.00pm - 4.55pm Jarrow	5.05pm - 6.00pm Jarrow
Wednesday	5.30pm - 7.30pm HP	5.30pm - 7.30pm HP	5.30pm - 7.30pm HP	7.45pm - 9.15pm Hebburn*	6.30pm - 7.30pm Hebburn	6.30pm - 7.30pm Hebburn
Thursday	5.20pm - 6.45pm Baldon	5.20pm - 6.45pm Baldon	6.30pm - 8.00pm Jarrow	3.45pm - 5.10pm Baldon		
Friday - AM	5.00am - 7.00am Hebburn		5.30am - 7.00am Hebburn**			
Friday - PM			5.15pm - 6.45pm Baldon	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

**Over 12s only

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