



# SOUTH TYNESIDE SWIMMING CLUB

## Summer Training Programme 2021

Date	A/P Squad	B Squad	C Squad	D Squad
Friday 23 <sup>rd</sup> July	5:00am - 7:00am Hebburn 5:00pm - 7:00pm Hebburn	5:00am - 7:00am Hebburn 5:00pm - 7:00pm Hebburn		4:00pm - 5:00pm Jarrow
Saturday 24 <sup>th</sup> July	7:00am - 9:00am HP	7:00am - 9:00am HP		8:45am - 9:45am Jarrow
Sunday 25 <sup>th</sup> July			1:30pm - 3:30pm Hebburn	
Monday 26 <sup>th</sup> July	5:45pm - 7:45pm Jarrow	5:45pm - 7:45pm Jarrow	4:00pm - 5:30pm Jarrow	4:00pm - 5:00pm Hebburn
Tuesday 27 <sup>th</sup> July	5:00pm - 7:00pm Jarrow	5:00pm - 7:00pm Jarrow		
Wednesday 28 <sup>th</sup> July	5:30pm - 7:30pm HP	5:30pm - 7:30pm HP	7:45pm - 9:15pm Hebburn	
Thursday 29 <sup>th</sup> July	6:30pm - 8:00pm Jarrow	6:30pm - 8:00pm Jarrow	No Training	
Friday 30 <sup>th</sup> July	5:00pm - 7:00pm Hebburn	5:00pm - 7:00pm Hebburn		4:00pm - 5:00pm Jarrow
Saturday 31 <sup>st</sup> July	7:00am - 9:00am HP	7:00am - 9:00am HP	7:00am - 9:00am HP	8:45am - 9:45am Jarrow
Sunday 1 <sup>st</sup> August			No Training	
<u>Mondays</u> 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> August	6:00pm - 7:45pm Jarrow	6:00pm - 7:45pm Jarrow	4:50pm - 5:50pm Jarrow	3:45pm - 4:45pm Jarrow
<u>Wednesdays</u> 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> August & 1 <sup>st</sup> September	5:30pm - 7:30pm HP	5:30pm - 7:30pm HP	5:30pm - 7:30pm HP	
<u>Thursdays</u> 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> August & 2 <sup>nd</sup> September	6:00pm - 8:00pm Jarrow	6:00pm - 8:00pm Jarrow	4:50pm - 5:50pm Jarrow	3:45pm - 4:45pm Jarrow

Sprint Squad swimmers may attend any two C Squad sessions per week

**Please note:-** Monday 30<sup>th</sup> August is a Bank Holiday and there will be no training

Normal Training Schedule will resume Monday 6<sup>th</sup> September except there will be no early morning training on Friday of the first week back for A/P & B Squad

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