



SOUTH TYNESIDE SWIMMING CLUB

Summer Training Programme 2023

Date	Regional & Youth Development	County & Age Group Development	Competition Development	Skills Development +	Skills Development
Monday 24th July	5:30pm – 7:30pm Jarrow	5:00pm – 7:00pm Hebburn	4:00pm – 5:30pm Jarrow		4:00pm – 5:00pm Hebburn
Tuesday 25th July	5:00pm – 7:00pm Jarrow	5:00pm – 7:00pm Jarrow			
Wednesday 26th July	5:30pm – 7:30pm HP Land 7:45pm – 8:30pm	5:30pm – 7:30pm HP Land 7:45pm – 8:30pm	7:45pm – 9:15pm Hebburn	7:45pm – 9:15pm Hebburn	
Thursday 27th July	5:30pm – 7:00pm Jarrow	5:30pm – 7:00pm Jarrow	4:00pm – 5:30pm Jarrow		
Friday 28th July	5:00am – 7:00am Hebburn 5:00pm – 7:00pm Hebburn			4:00pm – 5:00pm Hebburn	4:00pm – 5:00pm Jarrow
Saturday 29th July	7:00am – 9:00am HP	7:00am – 9:00am HP			9:00am – 10:00am Jarrow
Sunday 30th July			1:30pm – 3:30pm Hebburn	1:30pm – 3:30pm Hebburn	
<u>Mondays</u> 31 st July 7 th , 14 th , 21 st August *** Not 28 th August	6:00pm - 7.30pm Jarrow	6:00pm - 7.30pm Jarrow	5:00pm - 6:00pm Jarrow	5:00pm - 6:00pm Jarrow	4:00pm - 5:00pm Jarrow
<u>Wednesdays</u> 2 nd , 9 th , 16 th 23 rd & 30 th August	5:30pm - 7:30pm HP **Land 7:45pm - 8:30pm	5:30pm - 7:30pm HP **Land 7:45pm - 8:30pm	5:30pm - 7:30pm HP **Land 7:45pm - 8:30pm	5:30pm - 7:30pm HP **Land 7:45pm - 8:30pm	*
<u>Thursdays</u> 3 rd , 10 th , 17 th , 18 th , 24 th & 31 st August	6:00pm - 8:00pm Jarrow	6:00pm - 8:00pm Jarrow	5:00pm - 6:00pm Jarrow	5:00pm - 6:00pm Jarrow	4:00pm – 5:00pm

*Swimmer of the Month will be held at Haven Point on Wednesday 9th August 5:30pm - 7:30pm for all Squads. ** Land Training is weather permitting at discretion of coach.
Sprint Squad swimmers may attend any two Regional sessions per week.
***Note: Monday 28th August is a Bank Holiday and there will be no training.
Normal Training Schedule will resume Monday 4th September except there will be no early morning training on the Friday of the first week back.