



SOUTH TYNESIDE SWIMMING CLUB

Christmas Training Schedule 2022 - 2023

Date	A/B/P Squad	C Squad	D Squad
Sunday 25 th December	Merry Christmas	Merry Christmas	Merry Christmas
Monday 26 th December	No Training	No Training	No Training
Tuesday 27 th December	No training	No training	No training
Wednesday 28 th December	10:00am – 12:00pm Jarrow	8:00am – 9:00am Jarrow	9:00am – 10:00am Jarrow
Thursday 29 th December	9:00am – 11:00pm Jarrow	11:00am – 12:00pm Jarrow	
Friday 30 st December	10:00am – 12:00pm Jarrow		9:00am – 10:00am Jarrow
Saturday 31 st January	7:00am – 9:00am HP	7:00am – 9:00am HP	
Sunday 1 st January	Happy New Year	Happy New Year	Happy New Year
Monday 2 nd January	No training	No training	No training
Tuesday 3 rd January	5:00pm – 7:00pm Jarrow		
Wednesday 4 th January*	5:30pm – 7:15pm HP	5:30pm – 7:15pm HP	
Thursday 5 th January	5:30pm – 7:00pm Jarrow	4:00pm – 5:30pm Jarrow	
Friday 6 th January	5:00am - 7:00am Hebburn 5:00pm - 7:00pm Hebburn		4:00pm – 5:00pm Jarrow
Saturday 7 th January	12:30pm – 14:30pm Sunderland (Long Course)	7:30am – 9:00am HP	7:30am – 9:00am HP
Sunday 8 th January			No Training

* Swimmer of the month will be Wednesday 11th January

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 Web: www.stswim79.co.uk

