



SOUTH TYNESIDE SWIMMING CLUB

Christmas Training Programme 2023

Date	Regional & Youth Development	County & Age Group Development	Competition Development	Skills Development +	Skills Development
Saturday 23 rd Dec	7:00am – 9:00am HP	7:00am – 9:00am HP	7:00am – 9:00am HP	7:00am – 9:00am HP	9am-10am Jarrow
Sunday 24 th Dec			No Training	No Training	
Monday 25 th Dec	Merry Christmas	Merry Christmas	Merry Christmas	Merry Christmas	Merry Christmas
Tuesday 26 th Dec	No Training	No Training	No Training	No Training	No Training
Wednesday 27 th Dec	10am – 12pm Jarrow N&D Swimmers 11:30am-1:30pm Sunderland*	10am – 12pm Jarrow N&D Swimmers 11:30am-1:30pm Sunderland*	10am – 12pm Jarrow	10am – 12pm Jarrow	9am-10am Jarrow
Thursday 28 th Dec	9am – 11am Jarrow	9am – 11am Jarrow	11am – 12pm Jarrow	11am – 12pm Jarrow	
Friday 29 th Dec	9am – 11am Jarrow	9am – 11am Jarrow			11:00am – 12:00pm Jarrow
Saturday 30 th Dec	7:00am – 9:00am HP	7:00am – 9:00am HP	7:00am – 9:00am HP	7:00am – 9:00am HP	
Sunday 31 st Dec			No Training	No Training	
Monday 1 st Jan	Happy New Year	Happy New Year	Happy New Year	Happy New Year	Happy New Year
Tuesday 2 nd Jan	5:00pm-7:00pm Jarrow	5:00pm-7:00pm Jarrow			
Wed 3 rd Jan**	9am – 11am Jarrow 5:30pm – 7:30pm HP Land 7:45pm – 8:30pm	9am – 11am Jarrow 5:30pm – 7:30pm HP Land 7:45pm – 8:30pm	5:30pm – 7:30pm HP	5:30pm – 7:30pm HP	5:30pm-7:30pm over 9's 6:30pm-7:30pm under 9's Haven Point
Thursday 4 th Jan	5:30pm – 7:00pm Jarrow	5:30pm – 7:00pm Jarrow	4:00pm – 5:30pm Jarrow	4:00pm – 5:30pm Jarrow	
Friday 5 th Jan	5:00am – 7:00am Hebburn No PM Training	5:00am – 7:00am Hebburn No PM Training		No Training	No Training
Saturday 6 th Jan	No Training	No Training		No Training	No Training
Sunday 7 th Jan			1:30pm – 3:30pm Hebburn	1:30pm – 3:30pm Hebburn	2:30pm – 3:30pm Hebburn

*N&D swimmers are invited to attend long course training 11:3am-1:30pm on Wednesday the 27th January at Sunderland instead of training 10am – 12pm at Jarrow

**Wednesday 3rd January is a skills session at HP

Wednesday 10th January SOTM presentation – normal sessions will run, no land training

Email: contact@stswim79.co.uk

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