



# SOUTH TYNESIDE SWIMMING CLUB

## New Temporary Training Schedule

### Week Commencing 27th July 2020 (First week only)

Day	A/P Squad	P 12/ Under Squad	B Squad	C Squad	D Squad 1	D Squad 2
Monday	6.40pm - 8.00pm Jarrow	6.40pm - 8.00pm Jarrow	5.10pm - 6.30pm Jarrow	4.00pm - 5.00pm Jarrow **		
Tuesday	5.15pm - 6.15pm Jarrow	5.15pm - 6.15pm Jarrow	4.00pm - 5.00pm Jarrow			
Wednesday	5.00pm - 6.00pm HP	5.00pm - 6.00pm HP	5.00pm - 6.00pm HP	6.45pm - 7.45pm Hebburn **	4.00pm - 5.00pm Jarrow	5.15pm - 6.15pm Jarrow
Thursday	5.15pm - 6.45pm Jarrow	5.15pm - 6.45pm Jarrow	7.00pm - 8.30pm Jarrow	4.00pm - 5.00pm Jarrow		
Friday - AM	7.00am - 8.00am Jarrow					
Friday - PM				4.00pm - 5.00pm Jarrow		
Saturday	8.00am - 9.00am HP	8.00am - 9.00am HP	8.00am - 9.00am HP		9.00am - 10.00am Jarrow	10.15am - 11.15am Jarrow
Sunday	No Training	No Training	No Training	No Training	No Training	No Training

\*\* Sprint squad sessions

Email: [contact@stswim79.co.uk](mailto:contact@stswim79.co.uk)  
Web: [www.stswim79.co.uk](http://www.stswim79.co.uk)





# SOUTH TYNESIDE SWIMMING CLUB

## New Temporary Training Schedule

### Week Commencing 3<sup>rd</sup> August 2020

Day	A/P Squad	P 12/ Under Squad	B Squad	C Squad	D Squad 1	D Squad 2
Monday	6.40pm - 8.00pm Jarrow	6.40pm - 8.00pm Jarrow	5.10pm - 6.30pm Jarrow	4.00pm - 5.00pm Jarrow **		
Tuesday	6.15pm - 8.15pm Jarrow	6.15pm - 8.15pm Jarrow	4.00pm - 6.00pm Jarrow			
Wednesday	5.00pm - 7.00pm HP	5.00pm - 7.00pm HP	5.00pm - 7.00pm HP	6.45pm - 8.45pm Hebburn **	4.00pm - 5.00pm Jarrow	5.15pm - 6.15pm Jarrow
Thursday	5.15pm - 6.45pm Jarrow	5.15pm - 6.45pm Jarrow	7.00pm - 8.30pm Jarrow	4.00pm - 5.00pm Jarrow		
Friday - AM	6.00am - 8.00am Jarrow					
Friday - PM				4.00pm - 5.00pm Jarrow		
Saturday	7.00am - 9.00am HP	7.00am - 9.00am HP	7.00am - 9.00am HP		9.00am - 10.00am Jarrow	10.15am - 11.15am Jarrow
Sunday	No Training	No Training	No Training	No Training	No Training	No Training

\*\* Sprint squad sessions

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