

South Tyneside Swimming Club | Training Schedule



From 17 Apr 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM					Regional 05:00-07:00 Hebburn Central LK	Youth Development 05:00-07:00 Hebburn Central LK	
6 AM							
7 AM							
8 AM						Regional 07:00-09:00 Haven Point LK & OA	Youth Development 07:00-09:00 Haven Point LK & OA
9 AM							County & Age Group Development 07:00-09:00 Haven Point LK & OA
10 AM						Land Training Haven Point	Skills Development 09:00-10:00 Jarrow DH
2 PM							Competition Development 13:30-15:30 Hebburn LK
							Skills Development+ 13:30-15:30 Hebburn LK
4 PM	Competition Development 16:00-17:30 Jarrow AB	Skills Development 16:00-17:00 Hebburn DH		Competition Development 16:00-17:30 Baldon DH	Skills Development 16:00-17:00 Jarrow	Skills Development+ 16:00-17:00 Hebburn	
5 PM		County & Age Group Development 17:00-19:00* Hebburn AK & VB	Regional 17:00-19:00 Jarrow LK	Youth Development 17:00-19:00 Jarrow LK	County & Age Group Development 17:00-19:00 Jarrow LK	Regional 17:00-19:00 Hebburn Central LK	Youth Development 17:00-19:00 Hebburn Central LK
6 PM	Regional 17:30-19:30 Jarrow LK	Youth Development 17:30-19:30 Jarrow LK	Regional 17:30-19:30 Haven Point LK, AK/OA	Youth Development 17:30-19:30 Haven Point LK, AK/OA	County & Age Group Development 17:30-19:30 Haven Point LK, AK/OA	Regional 17:30-19:00 Baldon LK	Youth Development 17:30-19:00 Baldon LK
7 PM					County & Age Group Development 18:45-20:15 Jarrow VB		
8 PM			Land Training Haven Point	Competition Development 19:45-21:15 Hebburn AB	Skills Development+ 19:45-21:15 Hebburn AB & VB		
9 PM							
10 PM							

- 14 and over (at coaches discretion) §
- 12 and over §
- 13 and over §
- 14 and over §