



# SOUTH TYNESIDE SWIMMING CLUB

## D Squad

M	4.00-5.00pm	DH	H
F	4.00-5.00pm	DH	J
Sa	9.00-10.00am	DH	J

## C Squad

M	4.00-5.30pm	AB	J
W	7.45-9.15pm	AB	H
Th	4.00-5.30pm	DH	B
Su	1.30-3.30pm	LK	H

## B Squad

Under 14*				14&Over			
M	5.30-7.30pm	LK	J	M	5.30-7.30pm	LK	J
T	5.00-7.00pm	LK	J	T	5.00-7.00pm	LK	J
W	5.30-7.30pm	LK	S	W	5.30-7.30pm	LK	S
Th	5.30-7.00pm	LK	B	F	5.00-7.00am	LK	H
Sa	7.00-9.00am	LK	S	F	5.00-7.00pm	LK	H
				Sa	7.00-9.00am	LK	S

## A & P Squads

Under 12*				14&Over			
M	5.30-7.30pm	LK	J	M	5.30-7.30pm	LK	J
T	5.00-7.00pm	LK	J	T	5.00-7.00pm	LK	J
W	5.30-7.30pm	LK	S	W	5.30-7.30pm	LK	S
Th	5.30-7.00pm	LK	B	Th	5.30-7.30pm	LK	B
Sa	7.00-9.00am	LK	S	F	5.00-7.00am	LK	H
				F	5.00-7.00pm	LK	H
12 & 13 Years*				Sa	7.00-9.00am	LK	S
M	5.30-7.30pm	LK	J				
T	5.00-7.00pm	LK	J				
W	5.30-7.30pm	LK	S				
Th	5.30-7.00pm	LK	B				
F	5.00-7.00pm	LK	H				
Sa	7.00-9.00am	LK	S				

\*Friday early morning session by invitation

**SOTM presentations return from May 2022. These will take place on the first Wednesday of each month at Hebburn Central starting at 7.45pm. Training session at Haven Point will finish at 7.15pm on these occasions to give swimmers & coaches time for travel.**

**Sprint Squad will train at Haven Point on Wednesday evening and Saturday morning with B Squad.**

**Spectators are not permitted poolside at Boldon School pool.**

*Last Updated 08/04/2022*

### Legend

DH	Dot Houston
LK	Lindsay Kinlen
AB	Amy Brown
H	Hebburn Central
J	Jarrow Pool
S	South Shields, Haven Point
B	Boldon School Pool