



SOUTH TYNESIDE SWIMMING CLUB

D Squads

D				DD			
M	4.00-5.00pm	DH	H	M	4.00-5.00pm	LK	S
F	4.00-5.00pm	DH	J	W	7.00-8.00pm*	LK	S*
Sa	9.00-10.00am	DH	J	Sa	9.00-10.00am	DH	J

SOTM 5-7pm S additional Skills Session***

C Squad

M	4.00 - 5.30pm	AB	J
W	7.45-9.15pm*	AB	H*
Th	4.00-5.30pm	DH	B
Th	5.30-6.15pm	S&C	B
Su	1.45-3.45pm	LK	H

*SOTM 5-7pm S***
else 8-9pm H

B Squad

*SOTM 5-7pm S ***

Under 12				12&Over			
M	5.00-6.30pm	KB	H	M	5.00-6.30pm	KB	H
T	5.00-7.00pm	KB	J	T	5.00-7.00pm	KB	J
W	5.00-7.00pm	KB	S	W	5.00-7.00pm	KB	S
Th	5.30-6.15pm	S&C	B	Th	5.30-6.15pm	S&C	B
F	5.00-6.30pm	KB	B	Th	6.30-8.00pm	KB	J
Sa	7.00-9.00am	KB	S	F	5.30-7.00am	KB	H
				F	5.00-6.30pm	KB	B
				Sa	7.00-9.00am	KB	S

A Squad

M	5.00-7.00am	LK	H
M	5.30-7.30pm	LK	J
T	5.00-7.00pm	KB	J*
W	5.00-7.00pm	LK	S
W	7.00-8.00pm	S&C**	S
Th	6.30-8.00pm	KB	J*
F	5.00-7.00am	LK	H
F	5.00-7.00pm	LK	H
Sa	7.00-9.00am	LK	S

P Squad

*with B Squad

ND 12&Under				ND Over12			
M	5.30-7.30pm	LK	J	M	5.00-7.00am	LK	H
T	5.00-7.00pm	LK	B	M	5.30-7.30pm	LK	J
W	5.00-7.00pm	LK	S	T	5.00-7.00pm	LK	B
W	7.00-8.00pm	S&C**	S	W	5.00-7.00pm	LK	S
Th	5.30-7.00pm	LK	B	W	7.00-8.00pm	S&C**	S
Sa	7.00-9.00am	LK	S	Th	5.30-7.00pm	LK	B
				F	5.00-7.00am	LK	H
				F	5.00-7.00pm	LK	H
				Sa	7.00-9.00am	LK	S

NER/NP 12&Under

M	5.30-7.30pm	LK	J
T	5.00-7.00pm	LK	B
W	5.00-7.00pm	LK	S
W	7.00-8.00pm	S&C**	S
Th	5.30-7.00pm	LK	B
F	5.00-7.00pm	LK	H
Sa	7.00-9.00am	LK	S
Weekday morning sessions at Coaches discretion			

NER/NP Over12

M	5.00-7.00am	LK	H
M	5.30-7.30pm	LK	J
T	5.00-7.00pm	LK	B
W	5.00-7.00pm	LK	S
W	7.00-8.00pm	S&C**	S
Th	5.30-7.00pm	LK	B
F	5.00-7.00am	LK	H
F	5.00-7.00pm	LK	H
Sa	7.00-9.00am	LK	S

Legend and Notes

DH	Dot Houston
LK	Lindsay Kinlen
AB	Amy Brown
KB	Ken Barnes
S&C	Strength & Conditioning Session
H	Hebburn Central
J	Jarrow School Pool
S	South Shields, Haven Point
B	Boldon School Pool

***Some SOTMs this Skills Session may not run. On these occasions notice will be given via Coaches, Squad Reps, FB and the Club website. The normal Wednesday Training Schedule will operate with changes for A, P as shown.

** S&C sessions will not run on SOTM Wednesdays.

Last Updated
02/02/2020

