

Elites ** Saturday not attending Basildon
training at the College 06:00 - 07:30am

TRAINING SCHEDULE FROM MONDAY 2ND SEPTEMBER 2019

ELITES			
Day	Time	Place	Hours
Monday	06:00 - 07:00	Swim College	1
	19:00 - 21:00	Swim College	2
Tuesday	06:00 - 07:00	Swim College	1
	17:00 - 19:00	Swim College	2
Wednesday	19:00 - 21:00	Swim College	2
Thursday	06:00 - 07:00	Swim College	1
	18:30 - 20:00	Gym College	1.5
Friday	06:00 - 07:00	Swim College	1
	18:00 - 19:30	Swim College	1.5
Saturday**	07:00 - 09:00	Basildon	
Sunday	10:00 - 11:30	Gym College	1.5
			14.5

JUNIORS			
Day	Time	Place	Hours
Monday	06:00 - 07:00	Swim College	1
	19:00 - 21:00	Swim College	2
Tuesday	06:00 - 07:00	Swim College	1
	19:00 - 20:30	Swim College	1.5
Wednesday	19:00 - 21:00	Swim College	2
Thursday	06:00 - 07:00	Swim College	1
	18:30 - 20:00	Gym College	1.5
Friday	18:00 - 19:30	Swim College	1.5
Saturday	06:00 - 07:30	Swim College	1.5
Sunday	10:00 - 11:30	Gym College	1.5
			14.5

MINIMES			
Day	Time	Place	Hours
Monday	19:00 - 21:00	Swim College	2
Tuesday	06:00 - 07:00	Swim College	1
	19:00 - 20:30	Swim College	1.5
Wednesday	19:00 - 21:00	Swim College	2
Thursday	06:00 - 07:00	Swim College	1
Friday	18:00 - 19:30	Swim College	1.5
Saturday	06:00 - 07:30	Swim College	1.5
Sunday	10:00 - 11:30	Gym College	1.5
			12

BENJAMINS A			
Day	Time	Place	Hours
Monday	18:30 - 19:30	Swim Herts & Essex	1
Tuesday	18:30 - 19:30	Swim Herts & Essex	1
Wednesday	06:00 - 07:00	Swim College	1
Thursday	18:30 - 19:30	Swim Herts & Essex	1
Friday	17:00 - 18:00	Swim College	1
Saturday	07:30 - 08:30	Swim College	1
			6

CADETS A			
Day	Time	Place	Hours
Monday	19:30 - 20:30	Swim Herts & Essex	1
Tuesday	19:30 - 20:30	Swim Herts & Essex	1
Wednesday	06:00 - 07:00	Swim College	1
Thursday	19:30 - 20:30	Swim Herts & Essex	1
Friday	06:00 - 07:00	Swim College	1
Saturday	06:00 - 07:30	Swim College	1.5
Sunday	19:15 - 20:15	Swim College	1
			7.5

POUSSINS			
Day	Time	Place	Hours
Monday	17:30 - 18:30	Swim Herts & Essex	1
Tuesday	17:30 - 18:30	Swim Herts & Essex	1
Thursday	17:30 - 18:30	Swim Herts & Essex	1
Sunday	18:15 - 19:15	Swim College	1
			4

BENJAMINS B			
Day	Time	Place	Hours
Monday	18:00 - 19:00	Swim College	1
Tuesday	17:00 - 18:00	Swim College	1
Wednesday	06:00 - 07:00	Swim College	1
Thursday	18:30 - 19:30	Swim Herts & Essex	1
Friday	17:00 - 18:00	Swim College	1
Saturday	07:30 - 08:30	Swim College	1
			6

CADETS B			
Day	Time	Place	Hours
Monday	19:30 - 20:30	Swim Herts & Essex	1
Tuesday	19:30 - 20:30	Swim Herts & Essex	1
Wednesday	06:00 - 07:00	Swim College	1
Thursday	19:30 - 20:30	Swim Herts & Essex	1
Friday	06:00 - 07:00	Swim College	1
Saturday	06:00 - 07:30	Swim College	1.5
Sunday	19:15 - 20:15	Swim College	1
			7.5

MASTERS			
Day	Time	Place	Hours
Monday	06:00 - 07:00	Swim College	1
	20:00 - 21:00	Swim GP	1
Tuesday	06:00 - 07:00	Swim College	1
	19:00 - 20:30	Swim College	1.5
Thursday	06:00 - 07:00	Swim College	1
Friday	06:00 - 07:00	Swim College	1
Sunday	17:00 - 18:00	Swim GP	1
			7.5

AVENIRS A & B			
Day	Time	Place	Hours
Monday	18:30 - 19:30	Swim Herts & Essex	1
Tuesday	18:30 - 19:30	Swim Herts & Essex	1
Sunday	18:15 - 19:15	Swim College	1
			3

SENIOR			
Day	Time	Place	Hours
Monday	18:00 - 19:00	Swim College	1
Tuesday	18:00 - 19:00	Swim College	1
Wednesday	06:00 - 07:00	Swim College	1
Saturday	07:30 - 08:30	Swim College	1
Sunday	19:15 - 20:15	Swim College	1
			5