



SANDWELL AQUATICS CLUB

SQUAD TRAINING TIMETABLE

DAY	VENUE	TIME	SQUAD
MONDAY	Sandwell Aquatics Centre (50m training)	6am-7.30am	Masters
			Senior Competitive
			Performance
			Regional Development
	Sandwell Aquatics Centre	5.30pm-7.45pm	Performance (inc. 15 mins post pool)
			Regional Development (inc. 15 mins post pool)
		7.30pm-9pm	Senior Competitive
			County Development
TUESDAY	Sandwell Aquatics Centre	5.30pm-7pm	Junior Skills Squad
			Junior Advanced
			County Development
	Sandwell Aquatics Centre (Land Training – HIIT Studio)	5.45pm-6.50pm	Performance
			Regional Development (14yrs & over)
	Sandwell Aquatics Centre	7pm-9pm	Masters
			Performance
			Regional Development
			Senior Competitive (swimmers over 18yrs only – sign up required in advanced via Swim Manager)
WEDNESDAY	Sandwell Aquatics Centre	5pm-7.15pm	Performance (inc. 15 mins post pool)
		5pm-6.45pm	Junior Advanced
THURSDAY	Sandwell Aquatics Centre	6am-7.30am	Masters
			Performance
			Senior Competitive
			Regional Development
	Sandwell Aquatics Centre	5.30pm-7pm	County Development
			Junior Skills
		6.30pm-9pm	Masters (inc. 30 mins pre pool)
			Performance (inc. 30 mins pre pool)
FRIDAY	Sandwell Aquatics Centre	5.30pm-7.45pm	Regional Development (inc. 15 mins post pool)
			Performance (inc. 15 mins post pool)
		7.30pm-9pm	Junior Skills
			Junior Advanced
			Senior Competitive
SATURDAY	Sandwell Aquatics Centre (50m training)	6.45am-8.45am	Performance
			Senior Competitive
			Regional Development
			County Development
	Sandwell Aquatics Centre (Land Training - Sports Hall)	9am-10am	Performance
SUNDAY	Sandwell Aquatics Centre	9am-11am	Regional Development (14yrs & over)
			Masters
			Senior Competitive
	West Bromwich Leisure Centre	4.30pm-5.30pm	Regional Development
			Junior Skills Squad
		5.30pm-7pm	Junior Advanced
			County Development
			Masters