



# CUPAR & DISTRICT SWIMMING CLUB

## MINNOW, PIRANHA, DOLPHIN AND SHARK TRAINING SCHEDULE

**AUGUST – OCTOBER (Thursday & Saturday)**

### AUGUST

20<sup>th</sup> & 22<sup>nd</sup> - BACKCRAWL

27<sup>th</sup> & 29<sup>th</sup> - BREASTSTROKE

### SEPTEMBER

3<sup>rd</sup> & 5<sup>th</sup> - BUTTERFLY

10<sup>th</sup> & 12<sup>th</sup> - FRONTCRAWL

17<sup>th</sup> & 19<sup>th</sup> - STARTS AND TURNS

24<sup>th</sup> & 26<sup>th</sup> - TIMING

### OCTOBER

1<sup>st</sup> & 3<sup>rd</sup> - FRONTCRAWL

8<sup>th</sup> & 10<sup>th</sup> - BUTTERFLY

15<sup>th</sup> & 17<sup>th</sup> - BREASTSTROKE

22<sup>nd</sup> & 24<sup>th</sup> - BACKCRAWL

29<sup>th</sup> & 31<sup>st</sup>

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STARTS & TURNS