

## **Dinnaton Swimming Club Squad Timetable 2019/20**

Day	Time	Activity	Venue	Squad	Coach
Monday	06:00-08:00	Swimming	McCaulay's	Performance	<b>NR</b>
	13:45-15:45	Swimming	McCaulay's	Performance ICC Academy session	<b>NR</b>
Tuesday	17:00-17:50	Gym	McCaulay's	Performance	<b>TG</b>
	18:00-19:30	Swimming	McCaulay's	Performance	<b>NR</b>
Wednesday	06:00-08:00	Swimming	PLC	Performance	<b>NR</b>
Thursday	17:00-17:50	Gym	McCaulay's	Performance	<b>TG</b>
	18:00-20:00	Swimming	McCaulay's	Performance	<b>NR</b>
Friday	06:00-08:00	Swimming	McCaulay's	Performance	<b>NR</b>
Saturday	08:15-10:00	Swimming	McCaulay's	Performance	<b>NR/SC</b>

Day	Time	Activity	Venue	Squad	Coach
Tuesday	16:15-16:50	Gym	McCaulay's	Development 1	<b>TG</b>
	17:00-18:00	Swimming	McCaulay's	Development 1	<b>NR/SC</b>
Wednesday	17:30-18:30	Swimming	McCaulay's	Development 1	<b>NR</b>
Thursday	16:00-18:00	Swimming	McCaulay's	Development 1	<b>NR/SC</b>
Friday	17:00-18:30	Swimming	McCaulay's	Development 1	<b>NR/SC</b>
Sunday	08:15-09:45	Swimming	McCaulay's	Development 1	<b>SC</b>

Day	Time	Activity	Venue	Squad	Coach
Tuesday	16:15-16:50	Gym	McCaulay's	Development 2	<b>TG</b>
	17:00-18:00	Swimming	McCaulay's	Development 2	<b>SC/NR</b>
Thursday	16:00-18:00	Swimming	McCaulay's	Development 2	<b>SC/NR</b>
Friday	17:00-18:30	Swimming	McCaulay's	Development 2	<b>SC/NR</b>
Sunday	11:00-12:30	Swimming	McCaulay's	Development 2	<b>SC</b>

Day	Time	Activity	Venue	Squad	Coach
Tuesday	16:00-17:00	Swimming	McCaulay's	Junior	<b>SC/NR</b>
Friday	16:00-17:00	Swimming	McCaulay's	Junior	<b>SC/NR</b>
Sunday	09:45-11:00	Swimming	McCaulay's	Junior	<b>SC</b>