

Dinnaton Swimming Club Squad Timetable 2019/20

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

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

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

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

Day	Time	Activity	Venue	Squad	Coach
Tuesday	16:15-16:50	Gym	McCaulay's	Non-Competitive	SC
Tuesday	19:30-20:30	Swimming	McCaulay's	Non-Competitive	SC
Sunday	11:00-12:30	Swimming	McCaulay's	Non-Competitive	SC

Day	Time	Activity	Venue	Squad	Coach
Tuesday	19:30-20:30	Swimming	McCaulay's	Masters	SC
Sunday	08:15-09:45	Swimming	McCaulay's	Masters	SC