

Dinnaton Swimming Club Squad Timetable 2021/22

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	
Tuesday	17:00-17:50	Gym	McCaulay's	Performance	J
Wednesday	06:00-08:00	Swimming	PLC	Performance	NR
Thursday	19:00-19:50	Gym	McCaulay's	Performance	J
	20:00-21:00	Swimming	McCaulay's	Performance	SC
Friday	06:00-08:00	Swimming	McCaulay's	Performance	IC
	19:00-21:00	Swimming	McCaulay's	Performance	SC
Saturday	11:00-13:00	Swimming	McCaulay's	Performance	SC

Day	Time	Activity	Venue	Squad	Coach
Tuesday	16:00-16:50	Gym	McCaulay's	Development 1	L
	17:00-18:00	Swimming	McCaulay's	Development 1	SC
Thursday	19:00-20:00	Swimming	McCaulay's	Development 1	SC
Friday	17:00-19:00	Swimming	McCaulay's	Development 1	SC
Saturday	06:00-08:00				
Sunday	17:00-19:00	Swimming	McCaulay's	Development 1	SC
Day	Time	Activity	Venue	Squad	Coach
Tuesday	16:00-17:00	Swimming	McCaulay's	Junior 1	SC/NR
Friday	16:00-17:00	Swimming	McCaulay's	Junior 1	SC/NR
Saturday	08:00-09:00	Swimming	McCaulay's	Junior 1	SC/NR