



CITY OF PETERBOROUGH SWIMMING CLUB

**RETURN TO TRAINING STAGE 3 TIME-TABLE
MONTH: OCTOBER 2020**

| PERFORMANCE SQUAD | | | | | | | |
|-------------------|------------------------------------|-----------------------------------|---------------------------------|---|-----------------------------------|-----------------------------------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | 5.30-7.00am SWIM Regional | | 5.30-7.00am SWIM Regional | | 5.30-7.00am SWIM Regional | 6.00-8.00am SWIM Whittlesey | |
| PM | 5.00-6.45pm S&C Bishops Park | 6.00-7.30pm SWIM Whittlesey | | 5.00-6.45pm CIRCUITS Bishops Park | 5.00-6.00pm SWIM Whittlesey | 9.30-10.30am ZOOM S&C Home | |

| AGE-GROUP PERFORMANCE SQUAD | | | | | | | |
|-----------------------------|------------------------------------|---------|---------------------------------|---------------------------------|---|----------------------------------|---------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | 5.30-7.00am SWIM Regional | | 5.30-7.00am SWIM Regional | | 5.30-7.00am SWIM Regional | 9.30-10.30am ZOOM S&C Home | |
| PM | 5.00-6.45pm S&C Bishops Park | | | 8.00-9.00pm SWIM Regional | 5.00-6.00pm OR 6.00-7.00pm SWIM Whittlesey | | 5.00-6.30pm SWIM Regional |

| JUNIOR PERFORMANCE SQUAD | | | | | | | |
|--------------------------|--------|---------------------------------|-----------|---------------------------------|--------|----------------------------------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | | 5.30-7.00am SWIM Regional | | 5.30-7.00am SWIM Regional | | 9.30-10.30am ZOOM S&C Home | |



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| | | | | | | | |
|-----------|---------------------------------|--|--|--|-----------------------------------|--|---------------------------------|
| PM | 8.00-9.00pm SWIM Regional | | | | 6.00-7.00pm SWIM Whittlesey | | 6.30-8.00pm SWIM Regional |
|-----------|---------------------------------|--|--|--|-----------------------------------|--|---------------------------------|

| DEVELOPMENT 1 | | | | | | | |
|---------------|---|---------|-----------|---------------------------------|--|----------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | | | | | | | |
| PM | 6.15-6.45pm S&C 7.00-8.00pm SWIM Regional | | | 7.00-8.00pm SWIM Regional | 5.00-6.00pm ZOOM S&C Home 7.00-8.00pm SWIM Regional | | |

| DEVELOPMENT 2 | | | | | | | |
|---------------|---|---------|-----------|----------|--|----------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | | | | | | | |
| PM | 6.15-6.45pm S&C 7.00-8.00pm SWIM Regional | | | | 5.00-6.00pm ZOOM S&C Home 7.00-8.00pm SWIM Regional | | |



CITY OF PETERBOROUGH SWIMMING CLUB

| COMPETITIVE PLUS SQUAD | | | | | | | |
|------------------------|--------|---------------------------------|-----------|---|---------------------------------|-----------------------------------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | | 5.30-7.00am SWIM Regional | | 5.30-7.00am SWIM Regional | | 6.00-8.00am SWIM Whittlesey | |
| PM | | | | 5.45-6.45pm CIRCUITS Bishops Park | 8.00-9.00pm SWIM Regional | 9.30-10.30am ZOOM S&C Home | |

| COMPETITIVE SQUAD | | | | | | | |
|-------------------|---------------------------------|---------|-----------|----------|---------------------------------|----------------------------------|---------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | | | | | | 9.30-10.30am ZOOM S&C Home | |
| PM | 8.00-9.00pm SWIM Regional | | | | 8.00-9.00pm SWIM Regional | | 8.00-9.00pm SWIM Regional |

| MASTERS & PARTICIPATION | | | | | | | |
|-------------------------|--------|---------|-----------|----------|--------|----------------------------------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | | | | | | 9.30-10.30am ZOOM S&C Home | |



CITY OF PETERBOROUGH SWIMMING CLUB

| | | | | | | | |
|----|---------------------------------|--|--|--|---------------------------------|--|---------------------------------|
| PM | 8.00-9.00pm SWIM Regional | | | | 8.00-9.00pm SWIM Regional | | 8.00-9.00pm SWIM Regional |
|----|---------------------------------|--|--|--|---------------------------------|--|---------------------------------|

| MINI 2 SQUAD | | | | | | | |
|--------------|--------|---|-----------|----------|---------------------------------|----------|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | | | | | | | |
| PM | | 6.00-6.45pm OR 6.45-7.30pm SWIM Whittlesey | | | 5.00-6.00pm ZOOM S&C Home | | 5.00-6.00pm OR 6.00-7.00pm SWIM Regional |

| MINI 1 SQUAD | | | | | | | |
|--------------|--------|---------|-----------|---------------------------------|---------------------------------|----------|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| AM | | | | | | | |
| PM | | | | 7.00-8.00pm SWIM Regional | 5.00-6.00pm ZOOM S&C Home | | 5.00-6.00pm OR 6.00-7.00pm SWIM Regional |

The training programmed hours above are for the period of 1st – 30th September 2020. An updated time-table will be communicated in due time for October 2020.