

SEAGULLS SWIMMING CLUB TIMETABLE FROM 5th SEPTEMBER 2022

Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Pregulls A		16:00 - 16:30				16:00 - 16:30					7:00 - 8:00	
Pregulls B		16:00 - 16:30				16:30 - 17:00					7:00 - 8:00	
Development 1				18:30 - 19:30				16:00 - 17:00			7:30 - 8:25	
Development 2		16:30 - 17:15		18:30 - 19:30				16:00 - 17:00			7:30 - 8:25	
Development 3		17:15 - 18:00			5:30 -6:30 Swim 6:30-6:45 Stretch			17:00 - 18:00	5:30 -6:30 Swim 6:30-6:45 Stretch			18:00 - 19:00
Competitive Pathway				16:00 - 17:00	5:30 -6:30 Swim 6:30-6:45 Stretch				5:30 -6:30 Swim 6:30-6:45 Stretch	16:00 - 17:30	5:45-5:55 PrePool 6:00-7:00 Swim	18:00 - 19:00

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	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	AM	PM	AMS	PM	AM	PM	AM	PM	AM	PM	AM	PM
County Pathway				16:00 - 18:00	5:30 -6:30 Swim 6:30-6:45 Stretch			19:00 - 20:00	5:30 -6:30 Swim 6:30-6:45 Stretch	16:00 - 17:30	5:45-5:55 PrePool 6:00- 7:00 Swim	18:00 - 19:00
Age County			5:00 - 7:00	16:00 - 18:00			5:00 - 7:00	19:00 - 20:00		16:00 - 17:30	5:45-5:55 PrePool 6:00-8:00 Swim	19:00 - 20:00
Age Regional	5:00-6:00 Swim 6:00- 7:00 Land Training (Sport Hall)		5:00 - 7:00	19:30 - 21:00			5:00 - 7:00	19:00 - 20:00		17:10 - 17:25 PrePool 17:30 - 19:30 Swim	5:45-5:55 PrePool 6:00-8:00 Swim 8:00-9:00 Land Training (Sport Hall)	19:00 - 20:00

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	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Performance Pathway	5:00-6:00 Swim	20:00					5:00	18:30		17:10-17:25 PrePool		19:00
	6:00- 7:00 Land Training (Sport Hall)	- 21:00					- 7:00	- 20:30		17:30-19:30 Swim		- 20:00
Youth Performance	5:00-6:00 Swim	20:00	5:00	19:30			5:00	18:30		17:10-17:25 PrePool	5:45-5:55 PrePool	
	6:00- 7:00 Land Training (Sport Hall)	- 21:00	- 7:00	- 21:00			- 7:00	- 20:30		17:30-19:30 Swim	6:00-8:00 Swim	
											8:00-9:00 Land Training (Sport Hall)	
Youth National	5:00-6:00 Swim	20:00	5:00	19:30		16:00	5:00	18:30		17:10-17:25 PrePool	5:45-5:55 PrePool	
	6:00- 7:00 Land Training (Sport Hall)	- 21:00	- 7:00	- 21:00		- 18:00	- 7:00	- 20:30		17:30-19:30 Swim	6:00-8:00 Swim	
											8:00-9:00 Land Training (Sport Hall)	

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	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Masters								20:00 - 21:00				
Senior Fitness								20:00 - 21:00		19:30 - 20:30		19:00 - 20:00
Artistic Swimming										19:30 - 21:00		18:30 - 20:00

KEY:

TWO RIVERS MEET	NEW MILTON	FERNDOWN
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