

# SEAGULLS SWIMMING CLUB TIMETABLE FROM 30th<sup>th</sup> May 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 -				16:00 -					7:00 -	
		16:30				16:30					8:00	
Pregulls B		16:00 -				16:30 -					7:00 -	
		16:30				17:00					8:00	
Development 1				18:30 -				16:00 -			7:30 -	
				19:30				17:00			8:25	
Development 2		16:30 -		18:30 -				16:00 -			7:30 -	
		17:15		19:30				17:00			8:25	
Development 3		17:15 -			5:30 -6:30 Swim	16:00 -		17:00 -	5:30 -6:30 Swim			
		18:00			6:30-6:45 Stretch	17:00		18:00	6:30-6:45 Stretch			
Competitive Pathway				16:00 -	5:30 -6:30 Swim				5:30 -6:30 Swim	16:00 -	5:45-5:55 PrePool	18:00 -
				17:00	6:30-6:45 Stretch				6:30-6:45 Stretch	17:30	6:00-7:00 Swim	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 8:00-8:30 Stretch + Core work	18:00 - 19:00
Age Regional	5:00-6:30 Swim 6:30- 7:00 Stretch + Mobility		5:00 - 7:00	19:30 - 21:00			5:00 - 7:00	18:30 - 20:30		17:10 - 17:25 PrePool 17:30 - 19:30 Swim	5:45-5:55 PrePool 6:00-8:00 Swim 8:00-8:30 Stretch + Core work	

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	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
<b>Performance Pathway</b>	5:00-6:30 Swim	20:00						18:30		17:10-17:25 PrePool	5:45-5:55 PrePool	
	6:30- 7:00 Stretch + Mobility	- 21:00						- 20:30		17:30-19:30 Swim	6:00-8:00 Swim	
											8:00-8:30 Stretch + Core work	
<b>Youth Performance</b>	5:00-6:30 Swim	20:00	5:00	19:30			5:00	18:30		17:10-17:25 PrePool	5:45-5:55 PrePool	
	6:30- 7:00 Stretch + Mobility	- 21:00	- 7:00	- 21:00			- 7:00	- 20:30		17:30-19:30 Swim	6:00-8:00 Swim	
											8:00-8:30 Stretch + Core work	
<b>Youth National</b>	5:00-6:30 Swim	20:00	5:00	19:30		17:00	5:00	18:30		17:10-17:25 PrePool	5:45-5:55 PrePool	
	6:30- 7:00 Stretch + Mobility	- 21:00	- 7:00	- 21:00		- 18:00	- 7:00	- 20:30		17:30-19:30 Swim	6:00-8:00 Swim	
											8:00-8:30 Stretch + Core work	

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	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	
<b>Masters</b>		20:00- 21:00 (Invite)		20:00 - 21:00				20:00 - 21:00					
<b>WATER POLO</b>												18:00 - 19:00 (Swim)	19:00 - 20:00 Water Polo
<b>Artistic Swimming</b>										19:30 - 21:00		18:30 - 20:00	

## KEY:

TWO RIVERS MEET	NEW MILTON	FERNDOWN
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