

POOLE SWIMMING CLUB TIMETABLE NOV 1st 2022

		Mon AM	Mon PM	Tue AM	Tue PM	Wed AM	Wed PM	Thu AM	Thu PM	Fri AM	Fri PM	Sat AM	Sun PM
National Performance	Pool	05.00-07.00	17.00-19.30	05.00-07.00	18.50-20.00			05.00-07.00	18.50-20.00		17.00-19.00	05.30-08.00	
	S & C				17.35-18.45				17.35-18.45			08.10-09.00	
Regional	Pool	05.00-07.00			17.40-18.50	05.00-07.00	17.00-19.00		17.40-18.50	05.00-07.00		06.00-07.30	
	S & C				16.30-17.30				16.30-17.30			07.30-08.30	
County	Pool		19.30-20.30				19.00-20.30			05.30-07.00		08.00-09.30	18.30-20.30
	S & C											07.00-08.00	
Competitive Skills	Pool		19.00-20.30						18.30-20.30*		19.00-20.30		17.00-18.30
	S & C												18.30-19.30
Swim Skills Gold	Pool				17.30-18.30		18.00-19.00		18.10-19.10				16.00-17.00
	S & C												
Swim Skills Silver	Pool				16.30-17.30		17.00-18.00						16.00-17.00
	S & C												
Club Junior	Pool										19.00-20.00		16.30-17.30
	S & C												
Club Senior	Pool		20.00-21.00				20.00-21.00				19.00-20.00		16.30-17.30
	S & C												
Club Masters	Pool		20.00-21.30				20.00-21.30		20.30-21.30			06.30-08.00	
	S & C												
Bournemouth Uni Swim Team	Pool				20.00-21.15				20.00-21.15				20.30-22.00
	S & C												

*This is a one hour session, due to 3 Lanes, half of Competitive Skills Squad train first for one hour, followed by the other half. Please talk to the lead squad coach to agree which session.

VENUE KEY:	Talbot Heath School	Canford Sports Centre	Dolphin Leisure Centre	Rossmore Leisure Centre	Poole High School
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