

POOLE SWIMMING CLUB TIMETABLE SEPT 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
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				17.45-18.45				17.45-18.45			08.00-09.00	
National	Pool	05.00-07.00	17.00-19.30	05.00-07.00	17.40-18.50			05.00-07.00	17.40-18.50		17.00-19.00	05.30-08.00	
	S & C				16.30-17.30				16.30-17.30			08.00-09.00	
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	18.00-20.00
	S & C											07.00-08.00	
Competitive Skills	Pool		19.00-20.30						18.30-20.30**		19:00-20:30		16.30-18.00
	S & C												18.00-19.00
Swim Skills Gold	Pool				17:30-18:30		18.00-19.00		18.10-19.10				16.00-17.00
Swim Skills Silver	Pool				16.30-17.30		17.00-18.00						16.00-17.00
Club Junior	Pool										19.00-20.00		16.30-17.30
Club Senior	Pool		20.00-21.00				20.00-21.00				19.00-20.00		16.30-17.30
Club Masters	Pool		20.00-21.30				20.00-21.30		20.30-21.30			06.30-08.00	
Bournemouth Uni Swim Team	Pool				20.00-21.15				20.00-21.15				20.00-21.30

*Regional Squad 3 Top Lanes to train alongside Performance with Strength and Conditioning and Pool on a Tuesday and Thursday Evening (17.45-18.45 S & C, then 18.45-20.00 Swim)

** Competitive Skills Thursday night is a one hour session, where the squad is split in half, coach to advise suitable session

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