



TAVISTOCK SWIMMING CLUB
Established 1990

Club Timetable: Sept 2021

Please arrive at the time stated to allow for 10mins' pre-pool warmup exercises

Session	Squads	Coach	Pool
MONDAY 18.20-19.30	Training squad	James Lake	Meadowlands
19.50-21.00	Performance squad	James Lake	Mt Kelly, 50m
WEDNESDAY 6.30-7.30am	Training squad Performance squad	James Lake	Meadowlands
18.50-20.00	Training squad	Amy Warnett	Meadowlands
19.50-21.00	Performance squad	Amy Warnett	Meadowlands
FRIDAY 6.30-7.30am	Training squad Performance squad	James Lake	Meadowlands
18.20-19.30	Junior training squad	James Lake	Meadowlands
19.20 – 21.00	Performance squad	James Lake	Meadowlands
SUNDAY 16.50-18.00	Sunday group 1	Izzy Teague and James Lake	Meadowlands
17.50-19.00	Sunday group 2	James Lake and Gareth Davis	Meadowlands
18.50-20.00	Sunday group 3	James Lake & Gareth Davis	Meadowlands
19.50-21.00	Sunday group 4	James Lake	Meadowlands