

Tring Swim Club Holiday Training Schedule - 22nd July-1st Sept 2017

All sessions at Tring pool unless otherwise stated

	School	Bronze Academy	Skill Development	Gala	County	Regional	Masters/Fitness
Mon pm							
Tue am			By invitation	06.30 - 07.45	06.30 - 07.45	06.30 - 07.45	
Tue pm						19.30 - 21.00	19.30 - 21.00
Wed pm							
Thurs pm				19.30 - 21.00	19.30 - 21.00	19.30 - 21.00	
Fri pm			18.30 - 19.30		19.30 - 21.00	19.30 - 21.00	
Sat am			**07.00 - 09.30 Top 3 lanes	**07.00 - 09.30	**07.00 - 09.30	**07.00 - 09.30	
Sun pm		16.00 - 17.00	17.00 - 18.00	19.30 - 20.30	18.00 - 19.30	18.00 - 19.30	19.30 - 20.30

**Saturday morning session - swimming from 07.00-08.15 followed by land training from 08.30-09.30