

Tring Swimming Club Training Schedule - From 1st July 2017

All sessions at Tring pool unless otherwise stated

	School	Bronze Academy	Skill Development	Gala	County	Regional	Masters/Fitness
Mon pm				*15.30 - 16.45	*15.30 - 16.45	*15.30 - 16.45	
Tue am			By invitation	06.30 - 07.45	06.30 - 07.45	06.30 - 07.45	
Tue pm			*15.30 - 16.20	*15.30 - 16.20	*15.30 - 16.20	19.30 - 21.00	19.30 - 21.00
Wed pm	*15.30 - 16.15			*16.15 - 17.15	*16.15 - 17.15	*15.30 - 17.15	
Thurs pm				19.00 - 20.30 [Green Park]	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

* these sessions are term time only

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