



7Oaks Swimming Club “Summer Sprint” 2026

4th July 2026 - Sevenoaks Leisure Centre

License number: 3SE261713

7Oaks Swimming Club

“Summer Sprint”

LEVEL 3

PROGRAMME

SESSION ONE	
Access to the Leisure Centre from 10.30am Warm Up – TBC (will be split into 3 x 15min blocks) Racing to commence – TBC Estimated end of session – TBC	
101	50m Backstroke
102	100m Breaststroke
103	50m Butterfly
104	100m Freestyle
105	100m Individual Medley

SESSION TWO	
Warm Up – TBC (will be split into 3 x 15min blocks) Racing to commence – TBC Estimated end of session – TBC	
106	100m Backstroke
107	50m Breaststroke
108	100m Butterfly
109	50m Freestyle
110	200m Individual Medley