

Wrexham Swimming Club - Training Timetable (30th September 2019 onwards)

SQUAD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
National Youth	AM	515-700	515-700		515-700	515-700	600-800	OFF
	PM	1630-1830	1900-2100	1630-1800	600-1930	1630-1800		
	S&C				1730-1800	1845-1945	800-900	
National Age-Group	AM	515-700	515-700		OFF	515-700	600-800	OFF
	PM	1830-2000	1730-1900	1800-1930				
	S&C		1700-1730			1845-1945	800-900	
Youth Squad	AM	515-700		515-700	515-700	515-700	600-800	OFF
	PM		1900-2100					
	S&C					1845-1945	800-900	
Age-Group Squad	AM	OFF	515-700	515-700	515-700	OFF	745-900	OFF
	PM		1800-1900		1630-1800			
	S&C				1800-1830			
NJAG Squad	AM	OFF		515-700			745-900	OFF
	PM		1630-1730		1930-2100	1800-1930		
	S&C		1730-1800					
Bronze Plus	AM	OFF				1930-2100	745-900	OFF
	PM		1800-1900	1930-2100	1830-1930	1900-1930		
	S&C							
Bronze Squad	PM	1930-2100	OFF	1700-1800	OFF	1700-1830	OFF	1715-1845
	S&C					1830-1900		
Development Plus	PM	1800-1930	OFF	1800-1930	OFF	OFF	OFF	1715-1845
	S&C	1730-1800						
Development Squad	PM	OFF	1900-2030	OFF	1700-1830	OFF	OFF	1715-1845
Sharks (Red)	PM	OFF	OFF	1845-1945	1800-1900	1900-2330	OFF	OFF
Sharks (Black)	PM	1900-2030	OFF	1945-2045	OFF	1800-1900	OFF	OFF
Seals (Red)	PM	1700-1800	OFF	OFF	1700-1800	OFF	OFF	OFF
Seals (Black)	PM	1800-1900	OFF	OFF	OFF	1700-1800	OFF	OFF
		WATERWORLD			CLYWEDOG		RHOSNESNI	