

# ALSAGER SWIMMING CLUB TIMETABLE

ISSUE : 1

Issue Date : August 2023

		MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY		
		Alsager	Sandbach	Alsager	Alsager	Alsager	Alsager	Sandbach	Alsager	Alsager		
MORNING	06.15											06.15
	07.00			PERFORMANCE		PERFORMANCE						07.00
	07.30			DEVELOPMENT		DEVELOPMENT			DEVELOPMENT		DEVELOPMENT	07.30
	07.45									PERFORMANCE	DEVELOPMENT	PERFORMANCE
	08.30										JUNIOR	08.30
EVENING	19.00	JUNIOR										19.00
	20.00		DEVELOPMENT	PERFORMANCE	PERFORMANCE			DEVELOPMENT	PERFORMANCE		JUNIOR	20.00
	21.00											21.00
		MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY		
		Alsager	Sandbach	Alsager	Alsager	Alsager	Alsager	Sandbach	Alsager	Alsager		

**NOTES :**

Junior

Swimmers may attend any of the 3 sessions allocated per week

Development

Swimmers may attend any of the Development sessions available pool time 6 hours per week. Swimmers may swim on Tuesday and Thursday mornings at the coaches discretion

Performance

Swimmers may attend any of the performance sessions available pool time 14 hours per week. Swimmers may swim on Tuesday and Thursday morning at the coaches discretion

**NOTES :**

Any other changes to training arrangements can only be made with the prior written approval from Alsager Swimming Club. Alsager Swimming Club may change session times, venues depending Coaching and pool availability

