

Deepings Swimming Club Training Schedule


Day	Time	Number of Training Lanes Available					
		1	2	3	4	5	6
Monday	18.00 - 19.00	Competitive	Competitive	Competitive	Competitive	Advanced Comp	Advanced Comp
	19.00 - 20.00	Competitive	Competitive	Competitive	Competitive	Advanced Comp	Advanced Comp
Tuesday	06.15 - 08.00	Competitive	Competitive	Competitive			
Wednesday	06.15- 08.00	Advanced Comp	Advanced Comp				
	17.00 - 18.00	Junior Prem	Junior Prem	Junior Progress	Junior Progress	Competitive	Competitive
	20.00 - 21.30	Majors	Majors	Adults	Adults		
Thursday	17.45 - 18.30	Red + Green (13 & under) Squads Land Training session					
	18.30 - 19.30	Competitive	Competitive	Competitive	Competitive	Advanced Comp	Advanced Comp
	19.30 - 20.30	Majors	Majors	Competitive	Competitive	Advanced Comp	Advanced Comp
Friday	06.15 - 08.00	Majors	Competitive	Advanced Comp			
	17.00 - 18.00	Junior Prem	Junior Prem	Junior Prem	Junior Progress	Junior Progress	Junior Progress
	17.00 - 18.00	Advanced Competitive Squad - Land Training Session (Majors if they wish)					
	18.00 - 19.30	Competitive	Competitive	Competitive	Advanced Comp	Majors	Majors
Saturday	08.00 - 09.00	Jnr Comp Squad	Jnr Comp Squad	Jnr Comp Squad	Jnr Comp Squad	Seals	Seals
Sunday	09.00 - 11.00	Advanced Comp	Advanced Comp				
	16.00 - 16.30	Widths	Sea Horses TS 3	Otters TS 4	Penguins TS 5	Marlins TS 5/6	
	16.30 - 17.45	Sharks TS 6	Dolphins TS 7	Seals Pre Comp	Seals Pre Comp	Junior Progress	Junior Progress
	17.45 - 19.00	Competitive	Competitive	Competitive	Junior Prem	Junior Prem	Junior Prem
	18.00 - 19.00	Green (14+) + ACS + Majors - Land Training Session					
	19.00 - 20.00	Majors	Majors	Competitive	Competitive	Advanced Comp	Advanced Comp
	20.00 - 21.00	Majors	Majors	Competitive	Competitive	Advanced Comp	Advanced Comp
	21.00 - 21.45	Adults	Adults	Adults	Adults	Adults	Adults

 Junior Development Squad

 Junior Competitive Squad

Competitive Squad

 Competitive Squad (Red)

 Competitive Squad (Green)

 Advanced Competitive Squad

 Competitive Squad (All + Majors)

Senior Squad

 Majors

 Adults