

Summer Timetable 17 14 Aug 3 Sept 2017

Squad	Types	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Top	Swim Training	18:30-20:00 Walnuts		19:00-21:00 Walnuts				17:30-19:00 Walnuts	5
Platinum	Swim Training	20:00-21:30 Walnuts			18:30-20:00 Walnuts			16:00-17:30 Walnuts	4.5
Gold	Swim Training	18:30-20:00 Walnuts			18:30-20:00 Walnuts			14:30-16:00 Walnuts	4.5
Silver	Swim Training	17:30-18:30 Walnuts			18:30-19:30 Walnuts			09:00-10:30 Eltham College	3.5
Chrome	Swim Training	17:30-18:30 Walnuts					08:00-09:30 Walnuts		2.5
Bronze	Swim Training			18:00-19:00 Walnuts			08:00-09:30 Walnuts		2.5
B&P	Swim Training	20:00-21:30 Walnuts					08:00-09:30 Walnuts		3
Masters	Swim Training	20:00-21:30 Walnuts			20:00-21:30 Walnuts				3