

**WEST DUNBARTONSHIRE AMATEUR SWIMMING CLUB ---- TRAINING TIMETABLE with effect from 1st April 2017**

SQUAD	GROUPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Graded Groups	2 Groups	06.15-7.45  Group 2	1700-1800		Group 2 1915-2115	06:15-07:45 Group 1 1830-2030# Group 1	*1745-1930	0700-0900  1800-1900 Weights
Comp 3		0530-0745*	0530-0745*		0530-0745	0530-0745*	0530-0745	
		1845-2100	1715-1915 CLC			1730-1945		
Comp 2			0530-0745		0530-0745*		0530-0745* Pool	1700-1800 Gym 18.00-2015
		1700-1915 Clydebank Leisure Centre	1715-1915 Clydebank Leisure Centre		1730-2010 Clydebank Leisure Centre		0800-0900 Gym	
Comp 1		05:30-7:45*		1700-1900 Clydebank Leisure Centre	1915-2115	1830-2030#	0700-0900	
Skills 3			1830-1930		POOL 1845-1945 LAND 2000-2100	1800-1900	1715-1815	1715-1815
Skills 2			1745-1845			1715-1815	1630-1730	1630-1730
Skills 1	Group 1					1645-1730	1545-1645	1545-1645
	Group 2					1645-1730	1545-1645	1545-1645
	Group 3		1630-1715				1545-1645	1545-1645
Transition	Group 1					17:00-17:30	1645-1715	
	Group 2				1830-1900	1830-1900		
	Group 3		1615-1645			1800-1830		
	Group 4					1730-1800		1530-1600
CLUB SQUAD					0530-0745	18:30-19:45	0700-0900 17:00-18:00 Gym & 18:15-20:15	

\* Denotes a session that starts in the Gym/Dance Studio at coaches discretion. Suitable clothing/footwear should be worn .

**NOTE** at all sessions at Clydebank Leisure Centre swimmers bags cannot be taken poolside and therefore swimmers should have £1 for a locker.