

Gloucester City Swimming Club Squad Timetable

SSK4		
Sunday	17.00-17.15	pre-pool
	17.15-18.15	Barton
	18:15-18:30	post-pool
Tuesday	17.45-18.00	pre-pool
	18.00-19.00	Barton
Wednesday	17.30-18.30	Twyver

SSK6		
Sunday	17.00-17.15	pre-pool
	17.15-18.15	Barton
	18:15-18:30	post-pool
Tuesday	17.45-18.00	pre-pool
	18.00-19.00	Barton
Wednesday	17.30-18.30	Twyver
Saturday	06.00-07.30	Barton
	See Below	Land Training

SSK7		
Sunday	18.00-18.15	pre-pool
	18.15-19.15	Barton
	19:15-19:30	post-pool
Tuesday	19.00-19.15	pre-pool
	19.15-20.15	Twyver
Wednesday	18.15-18.30	pre-pool
	18.30-20.00	Twyver
Saturday	06.00-07.30	Barton
	See Below	Land Training

SSK9		
Sunday	18.00-18.15	pre-pool
	18.15-19.15	Barton
	19:15-19:30	post-pool
Monday	17.45-19.00	Twyver
Tuesday	19.00-19.15	pre-pool
	19.15-20.15	Twyver
Wednesday	17:30-18:15	Land Training Twyver
	18.15-18.30	pre-pool
	18.30-20.00	Twyver
Saturday	06.00-08.00	Barton
	See Below	Land Training

SSK12		
Sunday	16.00-16.15	pre-pool
	16.15-18.15	Barton
	18.45-19.00	pre-pool
Tuesday	19.00-20.00	Barton
Thursday	05:45-07:30	Twyver
	17:30-18:30	Weights Beaufort
Friday	16.45-17.00	pre-pool
	17.00-19.00	Barton
	19:00-19:15	Post pool
Saturday	06.00-08.00	Twyver
	See Below	Land Training

TTC14		
Sunday	16.00-16.15	pre-pool
	16.15-18.15	Barton
	18:30-19:15	Land training Twyver
Monday	18.45-19.00	pre-pool
	19.00-20.30	Twyver
Tuesday	05:45-07:30	Twyver
	17:30-18:15	Weights Beaufort
	18.45-19.00	pre-pool
	19.00-20.00	Barton
Thursday	17.30-18.30	Weights Beaufort
Friday	16.45-17.00	pre-pool
	17.00-19.00	Barton
	19:00-19:15	post pool
Saturday	06.00-08.00	Twyver

TTC16		
Sunday	17.15-18.00	Weights Beaufort
	18.30-18.45	pre-pool
	18.45-20.30	Twyver
Monday	17.45-18.45	Land Training Twyver
Tuesday	05.45-07.30	Twyver
	16.45-18.00	Barton
	18.30-19.30	Weights Beaufort
Thursday	17.15-17.30	pre-pool
	17.30-19.30	Barton
	19:30-20:00	Post Pool
Friday	05.45-07.30	Twyver
	17.45-18.00	pre-pool
	18.00-20.00	Twyver
Saturday	07.45-08.45	S/C Beaufort

TTC17		
Sunday	17.15-18.00	Weights Beaufort
	18.30-18.45	pre-pool
	18.45-20.30	Twyver
Monday	17.45-18.45	Land Training Twyver
	19.00-20.30	Twyver
Tuesday	05.45-07.30	Twyver
	16.45-18.00	Barton
	18.30-19.30	Weights Beaufort
Thursday	17.15-17.30	pre-pool
	17.30-19.30	Barton
	19:30-20:00	Post Pool
Friday	05.45-07.30	Twyver
Friday	17.45-18.00	pre-pool
	18.00-20.00	Twyver
Saturday	07.45-08.45	S/C Beaufort

Para		
Sunday	17.00-17.15	pre-pool
	17.15-18.45	Twyver
	19.00-19.45	Land training Twyver
Tuesday	18.00-19.15	Twyver
	19:15-19:30	Post Pool
Thursday	17:15-17:30	pre-pool
	17:30-18:30	Twyver
Friday	05.45-07.30	Twyver

Hartpury		
Tuesday	05.45-07.30	Twyver
Thursday	05.45-07.30	Twyver
Friday	05.45-07.30	Twyver

Uni		
Sunday	18.15-19.15	Barton
Tuesday	07.30-09.00	Twyver
Wednesday	14:00-15:00	Twyver
Friday	07.30-09.00	Twyver

Training To Enjoy (TTE)		
Sunday	17.00-17.15	pre-pool
	17.15-18.45	Twyver
	19.00-19.45	Land training Twyver
Tuesday	18.00-19.15	Twyver
	19:15-19:30	Post Pool
Thursday	05.45-07.30	Twyver
Saturday	06:45-07:00	pre-pool
	07.00-08.00	Barton

Swim Skills Land Training (Saturday)		
Group A	07.45-08.15	Circuits GL1
Group B	08.15-09.00	Circuits GL1
Group C	08.45-09.30	Circuits Beaufort