

Training Timetable September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold / Silver	0700-0800 1930-2030	1815-1945	0700-0800 930-2030		Secondary School Pupils 1345-1515 Primary 1730-1830	0945-1045 (GDN)	1530-1630
Bronze 1	0700-0800 1900-2000	1815-1945	0700-0800 1900-2000	1845-1945	Secondary School Pupils 1345-1515 Primary 1730-1830	0945-1045 (GDN)	1530-1630
Bronze 2	1830-1930		1830-1930	1845-1945	Secondary School Pupils 1345-1515 Primary 1730-1830	0945-1045 (GDN)	1530-1630
Black	1715-1800		1715-1800	1645-1730	Secondary School Pupils 1345-1515 Primary 1730-1830	0945-1045 (GDN)	1530-1630
Red	1715-1800		1715-1800	1645-1730	Secondary School Pupils 1345-1515 Primary 1730-1830	0945-1045 (GDN)	1530-1630
Red T		1715-1815	1645-1715	1645-1730	Secondary School Pupils 1345-1515 Primary 1730-1830	0945-1045 (GDN)	1530-1630
Green		1715-1815	1645-1715	1800-1845	Secondary School Pupils 1345-1515 Primary 1730-1830	0945-1045 (GDN)	1530-1630
Adult	0700-0800	1945-2045	0700-0800	1945-2045		0945-1045 (GDN)	
Land Training under 11's (School Hall)				All squads 1745-1830			
Land Training 12 and over (School Hall)	1830-1915						
Strength and Condition - Primary aged 10+ (Caledonia Gym)			All squads 1800-1845				
Strength and Condition - Secondary only (Caledonia Gym)			Gold, Silver, B1, B2, Green & Adult squads 1800-1845				
Rookie Lifeguard		1645-1715					

Please note these are swim times. Swimmers must be on Poolside 10 mins before the start time
(GDN) = Gardyne Campus Dundee