

Commencing 6th January 2020



GRIMSBY AQUATICS SWIM TEAM



| Day               | Elite                            | Club              | Development        | Technique A       | Technique B       | Swim School |
|-------------------|----------------------------------|-------------------|--------------------|-------------------|-------------------|-------------|
| Monday AM         | 5:00-7:00                        |                   |                    |                   |                   |             |
| Monday PM         |                                  |                   | 17:00-17:45 (LAND) |                   |                   |             |
|                   |                                  |                   | 18:00-20:00        |                   |                   | 16:00-18:00 |
| Tuesday AM        | 05:00-07:00<br>(invitation only) | 05:00-07:00       |                    |                   |                   |             |
| Tuesday PM        | 19:00-21:00                      | 20:00-21:00       | 18:15-20:00        | 16:00-17:30       | 18:00 - 19:00     |             |
| Wednesday AM      |                                  |                   |                    |                   |                   |             |
| Wednesday PM      | 16:45-17:45 (LAND)               |                   |                    |                   |                   | 16:00-18:00 |
|                   |                                  | 20:00-21:00       | 18:00-19:00        | 19:00-20:00       |                   |             |
| Thursday AM       | 5:00-7:00                        |                   | 5:00-7:00          |                   |                   |             |
| Thursday PM       | 17:00-17:45 (LAND)               |                   |                    |                   |                   | 16:00-18:00 |
|                   |                                  | 20:00-21:00       |                    |                   |                   |             |
| Friday AM         |                                  |                   |                    |                   |                   |             |
| Friday PM         | 18:00-18:45 (LAND)               |                   |                    |                   |                   |             |
|                   | 19:00-21:00                      |                   |                    | 16:00-17:00       |                   |             |
| Saturday AM       |                                  |                   | 6:30-8:30          | 6:30-8:00         | 7:45-8:45         | 8:45-9:45   |
| Saturday PM       | 14:00-14:45 (LAND)               |                   |                    |                   |                   | 09:00-11:00 |
|                   | 15:00-17:00                      | 15:00-17:00       |                    |                   |                   |             |
| Sunday PM         |                                  |                   | 14:00-14:45 (LAND) |                   |                   |             |
|                   |                                  |                   | 15:00-17:00        | 15:00-16:00       | 16:00-17:00       |             |
| <b>Total Swim</b> | <b>7 / 8 sessions</b>            | <b>5 Sessions</b> | <b>6 sessions</b>  | <b>5 sessions</b> | <b>3 sessions</b> |             |
|                   | <b>14 / 16 hours</b>             | <b>7 hours</b>    | <b>10.75 hours</b> | <b>6 hours</b>    | <b>3 hours</b>    |             |
| <b>Total Land</b> | <b>4 sessions</b>                | <b>0 sessions</b> | <b>2 sessions</b>  | <b>0 sessions</b> | <b>0 Sessions</b> |             |

| Venues    |
|-----------|
| Whitgift  |
| Havelock  |
| GLC       |
| Signhills |