



# CLEETHORPES AND DISTRICT SWIMMING CLUB



## Training Timetable: NOVEMBER 2023

SQUAD		Elite	Performance Gold	Performance Silver	Performance Bronze	Potential	Development 2	Development 1
Mon	AM							
	PM	7.00 – 9.00pm	7.00 – 9.00 pm	7.00-9.00pm	7.00-9.00pm	8.00-9.00pm		
Tues	AM							
	PM	7.00 – 9.00pm	7.00 – 9.00 pm	7.00 – 9.00pm		8.00 – 9.00pm		
Wed	AM	Rest Day						
	PM							
Thurs	AM							
	PM	7.00 – 8.00 pm						
		8.00 – 9.00 pm						
Fri	AM							
	PM	8.00-10.00pm	8.00-10.00pm	7.00-9.00pm	7.00-9.00pm			
Sat	AM					6.15 – 8.15 am	6.15 – 8.15am	7.15 – 8.15 am
	PM	2.00 – 3.00 pm	2.00 – 3.00 pm					
		3.00 – 5.00 pm	3.00-5.00pm	3.00-5.00pm	3.00 – 5.00 pm			
Sun	AM	6.30 – 8.30am	6.30-8.30am	6.30-8.30am	6.30-8.30am			
	PM					3.00 – 5.00 pm	3.00 – 5.00pm	3.00 – 4.00 pm

Swimming Location				Land Training
Locations	Ancholme (Brigg)	Riddings (Scunthorpe)	GLC (Grimsby)	GLC(Land : Gym)