

Squad Times (February 2010)

Squad	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Midlands	6.45-8.45pm	7.15-9.15pm		6.00-8.00pm	6.00-8.00pm	7.45-9.15am	
Senior County	6.45-8.45pm	7.15-9.15pm		6.00-8.00pm	6.00-8.00pm		
Senior Coaching	7.30-8.30pm		5.45-7.15pm	6.00-8.00pm	8.00-9.30pm		4.00-5.30pm
Junior County		5.45-7.15pm	5.45-7.15pm	7.45-9.00pm		7.45-9.15am	4.00-5.30pm
Junior Coaching	7.30-8.30pm			6.45-7.45pm		9.15-10.45am	4.00-5.30pm
Improvers 5				5.45 – 6.45pm		9.15-10.45am	5.30-6.30pm
Improvers 4	5.45-6.45pm					7.50 – 8.50am	
Improvers 3	5.45 – 6.45pm					7.50-8.50am	5.15 – 6.15pm
Improvers 2						7.50 – 8.50am	5.15-6.15pm
Improvers 1				7.00-7.30 7.30-8.00 pm		8.00-8.30am	6.00-6.30
Beginners				6.00-6.30 6.30-7.00 pm		8.30-9.00am	5.00-5.30 5.30-6.00 pm
Masters/ Swim Fit/ Club Development			7.15-8.45pm	7.45-9.00pm	8.00-9.30pm		
Adult Learn to Swim/Improvers							2.00-2.45 2.45-3.30 pm
Mornings (Coaching Groups & Adults)		6.30-7.30am		6.30-7.30am	6.15-7.30am		

Lincoln Christs Hospital School	Yarborough School
City School	North Kesteven Sports Centre

PLEASE NOTE: YOU WILL ADVISED WHICH SESSIONS YOU CAN ATTEND