

Felixstowe Swimming Club
Squad Sessions 2016



| Weekly Schedule for 2016 | | | | | | | |
|--------------------------|-------------------------------|---------|----------------------------|----------|---------------------------------|----------|-------------|
| Squad | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Learners | | | | | | | 1730 - 1800 |
| Improvers 1, 2, 3a, | | | | | | | 1730 - 1815 |
| Improvers 3b, 4a, 4b | | | | | Improver 4a & 4b 1900 - 1930 | | 1815 - 1900 |
| Skills | 1800 - 1830 | | 1800-1900 | | 1930-2030 | | 1900 - 2000 |
| Bronze | 1830 - 1930 | | 1800 - 1900 | | 1900 - 2030 | | 1900 - 2000 |
| Silver | 1800 - 1930 | | 1900 - 2000 | | 1900 - 2030 | | 0755 - 0855 |
| White Gold | 1800 - 1930 | | 0555 - 0655 1900 - 2000 | | 2030 - 2130 | | 0655 - 0855 |
| Gold | 1930 - 2100 (Woolverstone) | | 0555 - 0655 1900 - 2000 | | 2030 - 2200 | | 0655 - 0855 |
| Platinum | 1930 - 2100 (Woolverstone) | | 0555 - 0655 1800 - 2000 | | 2030 - 2200 | | 0655 - 0855 |
| Fitness Squad (15+) | 1800 - 1930 | | 0555 - 0655 | | | | 1900 - 2000 |
| Seniors | 1930 - 2100 (Woolverstone) | | | | 2030 - 2200 | | 0655 - 0755 |

(W) - Woolverstone