

FELIXSTOWE WAVES SWIMMING CLUB
TIMETABLE FROM 01/09/2019



Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Improvers 1 and 2							17:30 - 18:15
Improver 3							18:15 - 19:00
Improver 4					19:00 - 20:30		18:15 - 19:00
Bronze	18:00 - 19:30		18:00 - 19:00		19:00 - 20:30		Technique 19:00 - 20:00
Bronze Plus	18:00 - 19:30		05:55 - 06:55 18:00 - 19:00		19:00 - 20:30		06:55 - 08:55 Technique 19:00 - 20:00
Silver	18:00 - 19:30		05:55 - 06:55 18:00 - 19:00		19:00 - 20:30		06:55 - 08:55 Technique 19:00 - 20:00
Gold	18:00 - 19:30		05:55 - 06:55 19:00 - 20:00		20:30 - 22:00		06:55 - 08:55 Technique 19:00 - 20:00
Platinum	18:00 - 19:30		05:55 - 06:55 18:00 - 20:00		20:30 - 22:00		06:55 - 08:55 Technique 19:00 - 20:00
Masters	18:00 - 19:30		05:55 - 06:55		20:30 - 22:00		06:55 - 08:55 Technique 19:00 - 20:00

Please arrive poolside 10 minutes prior to session start for warm up and instructions