

Deepings Swimming Club Training Schedule

Day	Time	Number of Training Lanes Available					
		1	2	3	4	5	6
Monday	17.15 - 18.00	Land Training in Main Hall					
	18.00 - 20.00	Mids Age	Mids Youths	County Age	County Age	County Youths	County Youths
Tuesday	06.00 - 07.30	Mids Age	Mids Youths	Mids Youths			
Wednesday	06.00 - 07.30	Mids Youths	Mids Age	County Youths			
	18.00 - 19.00	Jnr Progress	Jnr Progress	Jnr Progress	Jnr Prem	Jnr Prem	Jnr Prem
	19.00 - 20.30	Blue	Jnr Masters + Masters	Adults	Adults		
Thursday	06.00 - 07.30	County Age	County Age				
	18.30 - 20.30	County Youths	County Youths	Mids Age	Mids Youths	County Age	County Age
	20.30 - 21.30	Jnr Masters + Masters	Jnr Masters + Masters				
Friday	06.00 - 07.30	Mids Youths	County Youths				
	17.00 - 18.00	Jnr Progress	Jnr Progress	Jnr Prem	Jnr Prem	Dolphins Pre Comp	Dolphins Pre Comp
	17.00 - 18.00	Midland Squad land training					
	18.00 - 19.30	Mids Age	Mids Youths	County Age	County Age	County Youths	County Youths
Saturday	08.00 - 09.00	Jnr Progress	Jnr Prem	Dolphins Pre Comp	Dolphins Pre Comp	Seals Pre Comp	Blue
Sunday	09.00 - 11.00	Mids Youths	Mids Age				
	16.00 - 16.45	Blue	Sharks TS 8	Penguins TS 5	Penguins TS 5	Marlins TS 6/7	Marlins TS 6/7
	16.45 - 17.45	Seals Pre Comp	Seals Pre Comp	Dolphins Pre Comp	Jnr Progress	Jnr Progress	Blue
	17.45 - 19.00	Jnr Prem	Jnr Prem	County Age	County Age	Jnr Masters + Masters	Jnr Masters + Masters
	19.00 - 19.45	Mids Age	Mids Youths	County Age	County Age	County Youths	County Youths
	19.45 - 21.00	Mids Age	Mids Youths			County Youths	County Youths
	21.00 - 21.45	Adults	Adults	Adults	Adults	Adults	Adults

Squad 1 (Midlands)

- Youths
- Age Groupers

Squad 2 (County)

- Youths
- Age Groupers

Squad 3 (Junior Masters)

- Junior Masters + Masters
- S14 (Blue)

Masters

- Adults + Masters

Junior Competitive Squad

- Junior Premier
- Junior Progress

Junior Development Squad

- Penguins
- Marlins
- Sharks
- Seals
- Dolphins