



Durham City



AMATEUR SWIMMING AND WATER POLO CLUB

Training Times - from 17th October 2011

Performance Squad

Monday - 7.00-9.00pm (FQ)
Tuesday - 6.00-8.00pm (FQ)
Wednesday - 6.00-7.00am (DS)
Wednesday - 6.00-8.00pm (DS)
Friday - 6.00-7.00am (DS)
Friday - 6.00-7.00pm (FQ) - Land Training
Friday - 7.00-8.30pm (FQ)
Sunday - 8.00-10.00am (FQ)

Intermediate Squad

Monday - 7.00-9.00pm (FQ)
Tuesday - 7.00-8.30pm (DS)
Thursday - 6.00-7.00am (DS)
Thursday - 7.00-8.00pm (FQ)
Friday - 6.00-7.00pm (FQ) - Land Training
Friday - 7.00-8.30pm (FQ)
Sunday - 8.00-10.00am (FQ)

Potential Squad

Tuesday - 6.00-8.00pm (FQ)
Thursday - 6.00-7.00am (DS)
Thursday - 5.30-6.30pm (FQ)
Thursday - 7.00-8.00pm (FQ) - Land Training
Friday - 7.30-9.00pm (DS)
Sunday - 8.00-10.00am (FQ)

Gold Squad

Tuesday - 7.00-9.00pm (FQ)
Friday - 6.00-7.30pm (DS)



Sponsored by:

SWINBURNE
SOLICITORS
MADDISON

Saturday - 8.00-9.00am (FQ)

Sunday - 10.00-11.00am (FQ)

Silver Squad

Monday - 7.00-8.00pm (DS)

Thursday - 6.30-8.00pm (FQ)

Saturday - 8.00-9.00am (FQ)

Sunday - 10.00-11.00am (FQ)

Bronze 1 Squad

Monday - 6.00-7.00pm (DS)

Thursday - 5.30-7.00pm (FQ)

Saturday - 8.00-9.00am (FQ)

Sunday - 10.00-11.00am (FQ)

Bronze 2 Squad

Monday - 6.00-7.00pm (DS) (by invitation only)

Tuesday - 6.00-7.00pm (DS)

Saturday - 8.00-9.00am (FQ)

Sunday - 10.00-11.00am (FQ)

Sapphire Squad

Wednesday - 5.00-6.00pm (FQ)

Friday - 8.30-9.30pm (FQ) (by invitation only)

Masters Squad

Tuesday - 8.00-9.00pm (FQ)

Friday - 8.30-9.30pm (FQ)

Club Squad

Tuesday - 8.00-9.00pm (FQ)

Wednesday - 6.00-7.00am (DS)

Wednesday - 6.00-7.00pm (DS)

Thursday - 6.00-7.00am (DS)

Friday - 6.00-7.00am (DS)

Friday - 8.30-9.30pm (FQ)

Sunday - 8.00-10.00am (FQ)

