



# Broomfield Park Swimming Club Sessions - Summer Term 2010



LANE	5:30 PM	5:45 PM	6:00 PM	6:15 PM	6:30 PM	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:45 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM	10:00 PM
<b>Monday</b> @ Q.E. Girls	1	Beginners		Beginners		Development squad				Junior squad				Senior squad					
	2	Beginners		Beginners		Development squad				Junior squad				Senior squad					
	3	Beginners		Beginners		Development squad				Junior squad				Senior squad					
	4	Beginners		Beginners		Development squad				Junior squad				Masters (competitive)					

Junior County squad - Poolside land training.

Start time is 8:30 - warm up & kick set in two lanes

<b>Tuesday</b> @ Q.E. Girls	1	Junior squad				Masters (Non-Competitive)			
	2	Junior squad				Adult development			
	3	Senior squad				Adult development			
	4	Masters (competitive)				Triathlon training			

Juniors & Seniors should be attending at least 3 others sessions regularly before joining this session - speak to your coach about this.

<b>Wednesday</b> @ Southgate	1	Adult development				Adult casual			
	2	Adult development				Triathlon training			
	3	Development squad				Masters			
	4	Junior squad				Masters			
	5	Junior squad				Masters			
	6	Senior squad							

Open to everyone

GYM	Land Training in Gym						
<b>Thursday</b> @ Q.E. Girls	1	Beginners		Junior County squad		Masters	
	2	Beginners		Development squad		Junior squad	
	3	Beginners		Development squad		Senior squad	
	4	Beginners		Development squad		Senior squad	

<b>Friday</b> @ Q.E. Girls	1	Beginners		Beginners		Development squad				Senior County squad			
	2	Beginners		Beginners		Development squad				Junior squad			
	3	Beginners		Beginners		Development squad				Junior squad			
	4	Beginners		Beginners		Junior County squad				Masters			

	8:30 AM	8:45 AM	9:00 AM	9:15 AM	9:30 AM	9:45 AM	10:00 AM	10:15 AM	10:30 AM	10:45 AM	11:00 AM	11:15 AM	11:30 AM
<b>Sunday</b> @ Q.E. Girls	1	Masters				Development squad				Junior squad			
	2	Masters				Development squad				Junior squad			
	3	Masters				Adult development				Senior squad			
	4	Masters				Adult development				Senior squad			