

BRAMCOTE SWIMMING CLUB - TRAINING TIMETABLE

Feb 2010

Pool	Bramcote							Nottm University								John Carroll						Lenton				Loboro University									
Lane	Gym	1	2	3	4	5	6	Splash	Teach	1	2	3	4	5	6	7	8	1	2	3	4	5	6	1	2	3	4	1	2	3	4	5	6	7	8
Sun 8.00am		GB	GB	GB	MP	MP	MP																												
	8.30	GB	GB	GB	MP	MP	MP																												
	9.00	GB	GB	GB	MP	MP	MP																												
Sun 6.00pm																																			
6.30																																			
7.00																																			
7.30	GYM - A&B squads	DM	MP	CW	CW	GB	GB			5	3																								
8.00		DM	MP	CW	CW	GB	GB			5	3																								
8.30		DM	MP	CW	CW	GB	GB			6	4																								
9.00		DM	MP	CW	CW	GB	GB			6	4																								
9.30		DM	MP	CW	CW	GB	GB			6																									
9.30		DM	MP	CW	CW	GB	GB			6																									
Mon 8.30pm																																			
9.00	DIVING - LR	DIVING - LR	DIVING - LR	GB	GB	GB																													
9.30	DIVING - LR	DIVING - LR	DIVING - LR	GB	GB	GB																													
Tues 6.30pm																																			
7.00	DM	MP	CW	CW	GB	GB			4	1																									
7.30	DM	MP	CW	CW	GB	GB			4	1																									
8.00	DM	MP	CW	CW	GB	GB			5	2																									
8.30	DM	MP	CW	CW	GB	GB			5	2																									
9.00	DM	MP	CW	CW	GB	GB			6	3																									
9.30	DM	MP	CW	CW	GB	GB			6	3																									
10.00	DM	MP	CW	CW	GB	GB																													
Weds 8.30pm																																			
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Fri 8.00pm																																			
8.30																																			
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Squad ■ A ■ B ■ C ■ D ■ groups 1-6 ■ Club ■ Masters ■ Adults

Squad Coach SB **Selena Burgess** DM Dianne Mann SF Sarah Ford GB Graham Bradley MP Michelle Preston

CW Caroline Wickham MW Mary Waby LR Lee Reddish MG Matt Glover

Group Coaches Lee Reddish Mary Waby Suzanne Lyons Karen Thornton Graham Bradley Sarah Ford Adam Lyons