


SPBSC Timetable September 2010

 ST PAUL'S BARNES SWIMMING CLUB	<u>JUNIOR ACADEMY</u>	<u>ACADEMY</u>	<u>County Squad</u>	<u>Regional Squad</u>	<u>Competitive Development SQUAD</u>	<u>SENIORS & MASTERS</u>
COACHES	TBC	Milton Sills	TBC	Martin Jurco	Milton Sills	Tony Pearce
Hours/week	6	8	9.5	12.5	6	9.5
Practices	4	5	5	6	4	6
MONDAY		6.00-7.30		5.30-7.30		7.30-9.00
TUESDAY			5.30-7.30	5.30-7.30		7.30-9.00
WEDNESDAY	5.30-7.00	5.30-7.30	6.00-8.00 *SPGS	6.00-8.00 *SPGS	7.00 – 8.30	8.00-9.30 *SPGS
THURSDAY	5.30-6.30	6.30-7.30		5.30-7.30		7.30-9.00
FRIDAY			6.00-7.30	6.00-7.30	7.30 – 9.00	7.30-9.00
SATURDAY	8.30-10.00	8.30-10.00	10.00-11.30		10.00-11.30	
SUNDAY	8.30-10.00 10-10.30 stretching	8.30-10.00 10-10.30 stretching	3.30-5.30 3.00-3.30 land training	5.30-7.30 4.30-5.30 land training	4.00-5.30	10.30-12.30

Tel: 020 8746 5398. Fax: 020 8746 5353. Web: www.stpaulsbarnessc.com.

Affiliated to the ASA, London Region ASA and Surrey County Water Polo and Swimming Association