

## DASC Swimming Training from Tuesday 3 January 2012

Day	Time	Location	Squad (new names)	Squad (former names)	Comments
Sun pm	4.00-5.00	Dolphin Centre	Top 1/A1/Top 2	TOP/A/Club	Land training
	4.00-5.00	Dolphin Centre	A2	B	
	4.00-5.00	Dolphin Centre	A3	C	NOTE - CHANGE
	4.00-5.00	Dolphin Centre	B2	D1	
	5.00-7.00	Dolphin Centre	Top 1	Top	
	5.00-7.00	Dolphin Centre	A1	A	
	5.00-7.00	Dolphin Centre	Top 2	Club	
Mon pm	5.00-6.30	Longfield	A3	C	
	6.30-8.00	Longfield	A1	A	
	5.30-8.00	Haughton	Top 1	TOP	
Tue am	6.30-7.45	Dolphin Centre	Top 1/A1/Top 2	TOP/A/Club	
Tue pm	5.00-6.00	Dolphin Centre Main Tank	B2	D1	NOTE - CHANGE
	5.00-6.00	Dolphin Centre Main Tank	B1(a)	D2(a)	NOTE - CHANGE
	5.00-6.00	Dolphin Centre Main Tank	B1(b)	D2(b)	NOTE - CHANGE
	6.00-7.00	Dolphin Centre Main Tank	A3	C	
	6.00-7.00	Dolphin Centre Main Tank	A2	B	
	6.30-7.00	Dolphin Centre Main Tank	Top 1/A1/Top 2	Top,A & Club	Land training. NOTE - CHANGE
	7.00-8.00	Dolphin Centre Back Tank	A3 & A2	C & B	small group session
	7.00-9.00	Dolphin Centre Main Tank	A1	A	
	7.00-9.00	Dolphin Centre Main Tank	Top 1	Top	
	7.00-9.00	Dolphin Centre Main Tank	Top 2	Club	
	8.00-9.00	Dolphin Centre Back Tank	Top 1/A1/Top 2	Top,A & Club	small group session
Wed pm	6.00-7.00	Haughton	A2	B	
	6.30-7.00, 7.00-8.30	Haughton	Top 1	TOP	30 mins land training before swimming.
Thu am	6.30-7.45	Dolphin Centre	Top 1/A1/Top 2	TOP/A/Club	Aimed at Top Squad
Thu pm	4.30-6.00	Dolphin Centre	A1	A	
	5.00-6.00	Longfield	B1(b)	D2(b)	
	6.00-8.00	Longfield	A2	B	
Fri am	6.30-7.45	Dolphin Centre	Top 1/A1/Top 2	TOP/A/Club	Aimed at A Squad
Fri pm	5.30-6.00, 6.00-8.00	Haughton	Top 1	Top	30 mins land training before swimming.
	4.45-5.45	Longfield	A3	C	
	5.45-6.45	Longfield	B1(a)	D2(a)	
	6.45-8.15	Longfield	A1	A	
	5.30 -7.00	Hummersknott	A2	B	