

## Sessions Apr 10<sup>th</sup> 2015 Onwards

A Squad	Day	Pool	Times
	Monday	Blaydon	5:00 to 7:00
	Tuesday (am)	GLC	5:15 to 7:00
	Tuesday (pm)	GLC	5:00 to 7:00
	Wednesday (pm)	Birtley	5:00 to 7:00
	Thursday (am)	GLC	5:15 to 7:00
	Thursday (pm)	Heworth	5:30 to 7:30
	Friday (pm)	Dunston	7:00 to 8:30
	Saturday	GLC – Water GLC - Land	6:30 am to 8:30 am 9:00 am to 10:00 am

YSP Squad	Day	Pool	Times
	Tuesday (am)	GLC	5:15 to 7:00
	Wednesday (pm)	Birtley	5:00 to 7:00
	Thursday (am)	GLC	5:15 to 7:00
	Saturday	GLC – Water GLC - Land	6:30 am to 8:30 am 9:00 am to 10:00 am

B Squad	Day	Pool	Times
	Monday	Birtley	7:00 to 8:30
	Tuesday	Blaydon	7:00 to 9:00
	Thursday	Heworth	7:30 to 9:00
	Friday	Dunston – Land Dunston – Water	6:00 to 7:00 7:00 to 8:30
	Saturday (am)	Dunston	8:00 to 9:30
	Sunday	Birtley	2:00 to 3:45

C2B Squad	Day	Pool	Times
	Monday	Birtley	7:00 to 8:30
	Thursday	GLC	7:30 to 8:30
	Friday	GLC	7:00 to 8:30
	Sunday	Birtley	3:45 to 5:30

C+ Squad	Day	Pool	Times
	Tuesday	GLC	6:00 to 7:00
	Friday	GLC	7:00 to 8:30
	Sunday	Birtley	3:45 to 5:30

C Squad	Day	Pool	Times
	Tuesday	GLC	7:00 to 8:00
	Friday	Birtley	7:00 to 8:30

Learners	Day	Pool	Times
	Friday	GLC	7:00 to 8:30

Masters	Day	Pool	Times
	Tuesday	Blaydon	7:00 to 9:00 (3 Lanes)
	Wednesday	Dunston	8:00 to 9:30 (3 Lanes)
	Thursday	GLC	7:30 to 8:30 (3 Lanes)
	Saturday (am)	Dunston	8:00 to 9:30 (3 lanes)