



## BASC Training Timetable 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>STROKE DEVELOPMENT</b>					
SD2	6pm to 7pm		6pm to 7pm		6pm to 7pm
SD1	6pm to 7pm	6pm to 7/7.30pm	6pm to 7pm		6pm to 7pm
<b>SQUAD DEVELOPMENT (was Potential)</b>					
SQ2	6.45 to 7.45	6pm to 7.30pm	6.45 to 7.45		7 to 8.30pm
SQ1	6.45 to 7.45	6pm to 7.30pm	6.45 to 7.45	6.30 to 8.00pm at Millfield	7 to 8.30pm
<b>SENIOR SQUAD</b>					
Water Training	7.30pm to 9pm	7.30pm to 9pm	7.30pm to 9pm	6.30 to 8.00pm at Millfield	7 to 8.30pm
Land Training			6.30 - 7.15pm		6pm to 6.45pm
<b>FITNESS (was Youth Squad)</b>					
Water Training				6pm to 7pm	7 to 8.30pm
Land Training			6.30 - 7.15pm		6pm to 6.45pm