

BRIDGWATER SWIMMING CLUB – TIMETABLE 2012

Please note that this new timetable will come into effect the week beginning Monday 20th February

Monday (Quantock Lodge)	Tuesday (Quantock Lodge)	Wednesday (Quantock Lodge)	Thursday (see below)	Friday (Quantock Lodge)
Rookie Lifeguarding 6-6.45 in the pool 7-7.30 in the viewing room		Adult fitness and Triathlete 6-6.45	Water fitness 6-7 (Quantock Lodge)	Learn to swim 6-6.30 and 6.30-7
Stroke Development and Squad Development (Potential) 6.45-7.45	Fitness and Squad development (Potential) 6-7.30	Stroke Development and Squad Development (Potential) 6.45-7.45	Squad Development (Potential), Squad and Triathlete 6.30-8 (Millfield)	Land training for Fitness, Squad Development (Potential) and Squad 6-7
Squad 7.30-9	Squad 7.30-9	Squad 7.30-9		CLUB NIGHT 7-8.30

If an existing member would like to start one of the new activities, please e mail fbarr55@gmail.com