

TMBSC Training Programme - MAIN POOL

From Monday 16th February (During Main Pool Refurbishment)

Date		Seniors	Juniors	RS	Blue	Red	Red1	Masters	Triathletes
Mon	Land								
	Pool	7:30 -9:00pm	7:30 -9:00pm					9 - 10pm (Stretford)	
Tues	Land	5:30 -6:30pm	6:30 -7:30pm						
	Pool	6 - 7:30am							6 - 7:30am
Weds	Land								
	Pool(AM)	6 -7:30 am	6 -7:30am	6 - 7:30am				9:15 - 10:15pm (Stretford)	
	Pool(PM)	7 - 8:30pm	7 - 8:30pm	6 -7 pm		6 -7 pm	6 -7 pm		
Thurs	Land								
	Pool	6 - 7pm	6 - 7pm	7 - 8.30pm	7 - 8.30pm			9 - 10pm	
Fri	Land	5 - 6 pm		6 - 6:45pm	6 - 6:45pm	6:45 - 7:30pm	6:45 - 7:30pm		
	Pool	6 - 7:30am						9 - 10pm	6 - 7:30am
Sat	Pool	6 - 7am	6 -7am	7 - 8am	7 - 8am				
Sun	Pool	7- 8pm	6 -7pm	5 - 6pm	5 - 6pm	4 -5pm	4 -5pm	8 - 9pm	

INTER SQUAD - Fri 9 to 10pm & Sun 6 -7pm

PLEASE NOTE: THE POOL AT STOCKPORT IS UNAVAILABLE ON THE FOLLOWING THURSDAYS

19th February, 12th March, 16th April

On these Thursdays only there will be a morning session at Sale from 06:00 to 07:30 for Blue/RS/Juniors and Seniors.

STOCKPORT GRAMMAR SCHOOL