



Bangor Swimming Club

25/26 Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Entry 1 hr p/w	OFF	OFF	18:15-19:15	OFF	OFF	OFF	OFF
Junior 4 3hrs p/w	OFF	OFF	18:30-20:00	18:30-20:00	OFF	OFF	OFF
Junior 3 4hrs p/w	18:30-19:30	OFF	18:30-20:00	18:30-20:00	OFF	OFF	OFF
Junior 2 6hrs p/w	18:30-20:00	18:30-20:00	18.30-20:00	OFF	18:30-20:00	OFF	OFF
Junior 1 7hrs p/w	18:30-20:00	18:30-20:30	OFF	18:30-20:30	18:30-20:00	OFF	OFF

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Training Squad 4hrs	18:30-20:30	OFF	19:00-21:00	OFF	OFF	OFF	OFF

**** There will be limited spaces available for Training Squad members to increase up to 7hrs per week. (Tues & Fri), please contact Coaching Team if interested**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
JAG 9.5hrs p/w	18:00-20:00	18:30-20:30	16:30-18:30	05:30-07:30	OFF	05:30-07:00	OFF
AG 11.5hrs p/w	18:00-20:00	05:30-07:30	16:30-18:30	05:30-07:30	18:30-20:30	05:30-07:00	OFF

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance 15.5hrs p/w (13.5 hrs – Jnr athletes)	05:30-07:30 17:00-18:30	16:30-18:30	05:30-07:30	16:30-18:30	05:30-07:30*Snronly* 16.30-18.30	07:00-09:00	OFF

Please note BSC reserves the right to amend this schedule.

