

DURHAM CITY AQUATICS

TRAINING TIMETABLE



All training sessions are at
Freeman's Quay Leisure Centre, DH1 1SW

Swimmers are expected to be poolside 15 minutes prior to their session beginning so that an appropriate warm-up can be undertaken.

Swimmers will usually be expected to cool down for 10-15 minutes following a pool session with an appropriate stretching session.

		Mon	Tue	Wed	Thu	Fri	Sat	Sun
AAA	AM			06:00-07:30	06:00-07:30	06:00-07:30	08:00-10:00	
	PM	19:00-21:00	19:00-21:00			19:00-21:00		
	Dry/Ed			19:00-20:00*			11:00-12:00	
AA	AM			06:00-07:30		06:00-07:30	08:00-10:00	
	PM	19:00-21:00		19:00-21:00				
	Dry/Ed			18:00-19:00*		20:00-21:00		
A	AM			06:00-07:30		06:00-07:30		08:00-10:00
	PM			19:00-21:00	19:00-21:00			
	Dry/Ed			18:00-19:00*		19:00-20:00		
CS0	PM		19:00-21:00	19:00-20:00		20:00-21:00		
	Dry/Ed					19:00-20:00		
CS1	AM					06:00-07:30		
	PM		19:00-21:00	19:00-20:00		19:00-20:00		
	Dry/Ed			18:00-19:00*		20:00-21:00		
CS2	AM						08:00-09:00	
	PM		18:00-19:00	18:00-19:00		18:00-19:00		
CS3	AM						08:00-09:00	
	PM		18:00-19:00	18:00-19:00		18:00-19:00		
DS2	AM							08:00-09:00
	PM				18:00-19:00			
DS3	AM							09:00-10:00
	PM			18:00-19:00				
MASTERS	AM			06:00-07:30				08:00-09:00
	PM	21:00-22:00			20:00-21:00	20:00-21:00		
	Ed	19:00-20:00*						
JR. SPRINT	PM			20:00-21:00	19:00-20:00			09:00-10:00
WATER POLO	PM					19:30-21:00		
UNI	PM							15:00-17:00

Education sessions marked * will initially be fortnightly with the exception of Masters which will be monthly. Dates for each month will be issued beforehand.