

# **Newcastle Staffs Amateur Swimming Club**

# **Yule in The Pool Approximate Timings**

## 7<sup>th</sup> December 2025

Jubilee 2 opens to the public at 8am

Activity	Start	Finish	
Session 1 Warm Up	8.30am	9.30am	
Session 1 Start (101 -106)	9.35am	11.30am	
15-minute comfort break	11.30am	11.45am	
Session 1 Cont'd (107-111)	11.45am	12.45pm	
Lunch	12.45pm	13.30pm	
Session 2 Warm Up	13.30pm	14.30pm	
Session 2 Start (201 – 206)	14.35pm	16.30pm	
15-minute comfort break	16.30pm	16.45pm	
Session 2 Cont'd (207 – 211)	16.45pm	17.45pm	





## **Newcastle Staffs Amateur Swimming Club**

### Warm Up Schedule

### 4 x 15 minutes

### **Odd Lanes Clockwise**

### **Even Lanes Anti-clockwise**

Session 1	Warm Up	Time	Who	Ages
	1	8.30-8.45	Female	9 - 12 years
	2	8.45-9.00	Female	13+
	3	9.00-9.15	Male/Open	9 - 12 years
	4	9.15-9.30	Male/Open	13+
Session 2	Warm Up	Time	Who	Ages
	1	13.30-13.45	Male/Open	9 - 12 years
	2	13.45-14.00	Male/Open	13+
	3	14.00-14.15	Female	9 - 12 years
	4	14.15-14.30	Female	13+

**Note** – Coaches are responsible for supervising their swimmers during the warmup.

Maximum of 12 swimmers per lane at any time

Sprint lanes will be available for the last 5 minutes of each period

Lanes 1, 2, 3 and 6, 7 & 8 will be used for sprints

Lanes 4 & 5 will remain open for continuous swimming