

SWIM BOURNEMOUTH -TRAINING SCHEDULE 2025



Date		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pre Club	AM							
	PM					17:15 18:15 CANFORD Paige		17:45 18:45 LITLEDOWN Paige
Reef	AM		06:00 07:00 LITLEDOWN Amy Faith					
	PM	18:15 19:15 FERNDOWN Amy Faith				17:15 18:15 CANFORD Amy Faith		16:30 17:45 LITLEDOWN Amy Faith
Vortex	AM			05:30 07:00 LITLEDOWN Katie		05:30 07:00 LITLEDOWN Katie	06:00 09:00 CANFORD Katie inc LT	
	PM	18:00 19:00 LITLEDOWN Katie		19:00 20:00 LITLEDOWN Katie				16:30 17:45 LITLEDOWN Katie
Riptide	AM		05:00 07:00 CANFORD Emma			05:00 07:00 LITLEDOWN Emma	06:00 09:00 CANFORD Emma inc LT	
	PM	16:25 18:20 CANFORD Emma		18:10 19:40 FERNDOWN Jeff				17:15 18:45 LITLEDOWN Emma
Rapids	AM					05:30 07:00 LITLEDOWN Emma / Katie		
	PM	19:00 20:00 LITLEDOWN Katie / Paul		18:10 19:40 FERNDOWN Paul				16:00 17:00 LITLEDOWN tbc
Tsunami	AM		05:00 07:00 CANFORD Karen	05:00 07:00 LITLEDOWN Karen			06:00 09:30 LITLEDOWN Karen inc LT	
	PM		16:25 18:20 CANFORD Emma / Karen		19:00 20:30 LITLEDOWN Jeff	18:00 19:30 LITLEDOWN Emma		18:45 20:15 LITLEDOWN Karen
Whitewater	AM			05:00 07:00 LITLEDOWN Karen Katie			06:00 09:20 LITLEDOWN Paul inc LT	
	PM	20:00 21:00 LITLEDOWN Paul				19:30 20:30 LITLEDOWN Paul		17:45 18:45 LITLEDOWN Paul
Storm	AM		05:00 06:45 CANFORD Jeff GYM	05:00 07:00 LITLEDOWN Jeff	05:00 07:00 CANFORD Jeff Karen	05:00 07:00 LITLEDOWN Jeff	06:00 09:30 LITLEDOWN Jeff inc LT	
	PM	16:25 18:20 CANFORD Jeff Karen	16:25 18:20 CANFORD Jeff HURRICANE ONLY		16:25 18:20 CANFORD Jeff			18:45 20:15 LITLEDOWN Jeff
Masters	AM	07:00 08:00 LITLEDOWN Andy W	05:30 07:00 LITLEDOWN Andy W	07:00 08:00 LITLEDOWN Andy W	05:30 07:00 LITLEDOWN Andy W	07:00 08:00 LITLEDOWN Andy W		07:00 08:00 LITLEDOWN Andy W
	PM			20:00 21:00 LITLEDOWN Faith / Amy				