

# TRAINING TIMETABLE



**West Suffolk Swimming Club**

**BURY / CULFORD: AUGUST 2025 – AUGUST 2026**

|                  | NEMO                      | SKILLS 1                      | SKILLS 2                      | DEVELOPMENT                   | COMPETITIVE                                  | MASTERS                       |
|------------------|---------------------------|-------------------------------|-------------------------------|-------------------------------|----------------------------------------------|-------------------------------|
| <b>MONDAY</b>    |                           | 5:30 – 6:30pm<br>CULFORD S&TC | 6:30 – 7:30pm<br>CULFORD S&TC | 6:00 – 7:30pm<br>BURY LC      | 5:30 – 7:00am CS&TC<br>6:00 – 8:00pm BURY LC | 7:30 – 8:30pm<br>CULFORD S&TC |
| <b>TUESDAY</b>   |                           |                               |                               |                               | 4:15 – 5:30pm **<br>CULFORD S&TC             |                               |
| <b>WEDNESDAY</b> |                           | 6:00 – 7:00pm<br>BURY LC      |                               | 5:45 – 7:00am<br>CULFORD S&TC | 5:30 – 7:00am<br>CULFORD S&TC                | 7:30 – 8:30pm<br>CULFORD S&TC |
| <b>THURSDAY</b>  |                           |                               | 6:00 – 7:00am<br>CULFORD S&TC | 6:00 – 7:30pm<br>CULFORD S&TC | 5:30 – 7:30pm<br>CULFORD S&TC                | 7:30 – 8:30pm<br>CULFORD S&TC |
| <b>FRIDAY</b>    | 6:15 – 7:00pm<br>BURY LC  |                               | 7:00 – 8:00pm<br>BURY LC      | 5:00 – 6:15pm<br>BURY LC      | 5:30 – 7:00am<br>CULFORD S&TC                |                               |
| <b>SATURDAY</b>  |                           |                               |                               | 6:00 – 7:30am<br>CULFORD S&TC | 6:00 – 7:30am<br>CULFORD S&TC                |                               |
| <b>SUNDAY</b>    | 9:20 – 10:10am<br>BURY LC | 8:30 – 9:20am<br>BURY LC      | 7:40 – 8:30am<br>BURY LC      |                               |                                              |                               |