

TRAINING TIMETABLE



West Suffolk Swimming Club

HAVERHILL: AUGUST 2025 – AUGUST 2026

| | NEMO | SKILLS 1 | SKILLS 2 | DEVELOPMENT | COMPETITIVE | MASTERS |
|-----------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--|-------------------------------|
| MONDAY | | | | 5:45 – 7:00am HAVERHILL LC | 5:45 – 7:15am HAVERHILL LC | |
| TUESDAY | 5:30 – 6:15pm HAVERHILL LC | 5:30 – 6:15pm HAVERHILL LC | 6:15 – 7:00pm HAVERHILL LC | 6:15 – 7:00pm HAVERHILL LC | 7:00 – 8:00pm HAVERHILL LC | 7:00 – 8:00pm HAVERHILL LC |
| WEDNESDAY | | | 6:00 – 7:00am HAVERHILL LC | | 5:45 – 7:15am HAVERHILL LC | |
| THURSDAY | | | 7:00 – 8:00pm HAVERHILL LC | 7:00 – 8:00pm HAVERHILL LC | | |
| FRIDAY | | 6:00 – 7:00pm HAVERHILL LC | | 6:00 – 7:00pm HAVERHILL LC | 5:45 – 7:15am HLC 7:00 – 8:30pm HLC | 7:00 – 8:30pm HAVERHILL LC |
| SATURDAY | | | | 6:15 – 7:30am HAVERHILL LC | 6:15 – 7:45am HAVERHILL LC | |
| SUNDAY | 8:45 – 9:30am HAVERHILL LC | 8:45 – 9:30am HAVERHILL LC | 7:45 – 8:45am HAVERHILL LC | 4:00 – 5:15pm HAVERHILL LC | 4:00 – 6:00pm HAVERHILL LC | 4:00 – 5:15pm HAVERHILL LC |