

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	7:00 – 8:00pm 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	7:00 – 8:15pm HAVERHILL LC	5:45 – 7:15am HLC 7:00 – 8:15pm HLC	7:00 – 8:15pm 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 – 6:00pm HAVERHILL LC	4:00 – 5:15pm HAVERHILL LC