



Poole Swimming Club Timetable (April 2025)

	SQUAD	LEAD COACHES		Mon AM		Mon PM	Tue AM		Tue PM		Wed AM		Wed PM	Thu AM		Thu PM	Fri AM		Fri PM		Sat AM		Sun	
36	Squad 1	Chris and Jan	Pool			18:00 19:30	05:00 07:00		18:30 20:00					05:00 07:00		18:30 20:00	05:00 07:00		18:00 19:30				05:45 07:45	
			S & C			17:00 18:00			17:20 18:25							17:25 18:25							08:00 09:00	
42	Squad 2	Chris and Jan	Pool	05:00 07:00					17:10 18:25				18:00 20:00			17:10 18:25	05:00 07:00						05:45 07:45	
			S & C						18:35 19:35							18:35 19:35							08:00 09:00	
42	Squad 3	Louis and Ellie	Pool			19:30 20:30					06:00 07:00					18:30 19:30 20:30			19:30 20:30		08:00 09:30		17:00 19:00	
			S & C			18:50 19:25															07:30 08:00			
24	Gold	Maralyn and Kate	Pool						17:30 18:30				18:00 19:00			18:10 19:10							16:00 17:00	
24	Silver	Louis and Ollie J	Pool						16:30 17:30				17:00 18:00										16:00 17:00	
36	Youth	Louis	Pool			20:30 21:30							20:00 21:30						20:30 21:30				19:00 20:30	
	Fitness Junior	Karen	Pool																19:00 20:00				16:30 17:30	
	Fitness Senior	Karen	Pool			20:00 21:00							20:00 21:00						19:00 20:00				16:30 17:30	
	Masters	Marc	Pool			20:00 21:30					05:30 07:00		20:00 21:30			20:30 21:30					06:30 08:00			
	Bournemouth University Swim Team	TBC	Pool						20:00 21:30							20:00 21:30							20:30 21:30	

*This is a one hour session, due to 3 Lanes, half of Competitive Skills train first for one hour, followed by the other half. Your Lead Coach will advise which session you should attend.

Venue:	Talbot Heath School	TH	Rossmore Leisure Centre	R	Dolphin Leisure Centre	D	Canford Sports Centre	C	Poole High School	PH
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