



DURHAM CITY

Amateur Swimming & Water Polo Club



TRAINING TIMETABLE (2016-2017)

2016-2017		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOURS
PERFORMANCE SQUADS									
SENIOR PERFORMANCE	AM			6:00-7:00		6:00-7:00		8:00-10:00	13.5 Hours (8 Sessions)
	PM	19:00-21:00	18:00-20:00	19:00-21:00 (SA)	19:00-21:00	19:00-20:30			
	Land	18:30-19:00	17:30-18:00	18:30-19:00	18:30-19:00	18:00-19:00 (Cir.)		10:00-10:30 (Flex.)	
AGE GROUP PERFORMANCE	AM			6:00-7:00		6:00-7:00		8:00-10:00	11 Hours (7 Sessions)
	PM	19:00-21:00	19:30-21:00	19:00-21:00 (SA)		19:00-20:30			
	Land	18:30-19:00	19:00-19:30	18:30-19:00		18:00-19:00 (Cir.)		10:00-10:30 (Flex.)	
COMPETITIVE SQUADS									
AGE GROUP COMPETITIVE	AM				6:00-7:15 (DS)			8:00-10:00	9.75 – 11.75 Hours (6-7 Sessions)
	PM	19:00-20:30 (DS)	18:00-19:30	19:00-21:00 (SA)*	19:30-21:00	19:00-21:00 (DS)			
	Land	18:45-19:00	17:30-18:00	18:30-19:00	18:00-19:00	18:45-19:00		10:00-10:30 (Flex.)	
JUNIOR COMPETITIVE	AM				6:00-7:15** (DS)		8:00-9:00	9:30-11:00	6.5 Hours (5 Sessions)
	PM		19:30-21:00 (DS)		18:00-19:30	18:00-19:00 (DS)			
	Land		19:15-19:30		17:45-18:00	17:45-18:00			
DEVELOPMENT SQUADS									
JUNIOR POTENTIAL	AM						8:00-9:00	10:00-11:00	5 Hours (4 Sessions)
	PM		18:00-19:30 (DS)		18:00-19:30				
	Land		17:45-18:00		17:45-18:00				
JUNIOR DEVELOPMENT	AM						8:00-9:00	10:00-11:00	3 Hours (3 Sessions)
	PM	18:00-19:00 (DS)							
	Land	17:45-18:00							
ACADEMY GROUPS									
ACADEMY	SHARKS			19:15-20:00 (DS)		19:15-20:30			2 Hours (2 Sessions)
	DOLPHINS			19:15-20:00 (DS)				8:00-8:45	1.5 Hours (2 Sessions)
	OTTERS			18:30-19:15 (DS)				8:45-9:30	1.5 Hours (2 Sessions)
	EELS			18:30-19:15 (DS)					0.75 Hour (1 Session)
	TADPOLES			18:00-18:30 (DS)					0.5 Hour (1 Session)
TRAINING SQUADS									
SPRINT	AM						9:00-10:00		3.5 Hours (3 Sessions)
	PM		19:30-21:00			20:30-21:30			
CLUB	AM						9:00-10:00		3 Hours (3 Sessions)
	PM		20:00-21:00			20:30-21:30			
MASTERS	AM						9:00-10:00		3 Hours (3 Sessions)
	PM		20:00-21:00			20:30-21:30			
PARA SQUAD									
SAPPHIRE	PM			17:00-18:00		20:30-21:30			2 Hours (2 Sessions)

*Males 14-17 / Females 13-17

**Once per month for swimmers aged 11+