



BASILDON & PHOENIX SWIMMING CLUB
SQUAD TRAINING TIMETABLES
UPDATED NOVEMBER 2015

GOLD 1	AM	PM	LAND WORK
Monday	5.30 - 7.00	4.30 - 6.30	6.45 - 7.30pm
Tuesday	5.30 - 7.00	5.00 - 7.00	
Wednesday	-	5.00 - 7.00	
Thursday	5.30 - 7.00	6.30 - 8.30	5.30 - 6.15pm
Friday	5.30 - 7.00	7.00 - 8.00	6.00 - 6.45pm
Sunday	6.00 - 8.00		8.15 - 9.00am

* Those swimmers selected by the ASA to attend the Regional Beacon session on Saturday morning do not have to attend the Sunday session

GOLD 2	AM	PM	LAND WORK
Monday	5.30 - 7.00	5.30 - 6.30	6.45 - 7.30pm
Tuesday	-	6.30 - 8.30	
Wednesday	5.30 - 7.00	7.00-8.30**	
Thursday	-	6.30 - 8.30	5.30 - 6.15pm
Friday	5.30 - 7.00	6.00 - 7.00	7.15 - 7.45pm
Sunday	6.00 - 8.00		8.15 - 9.00am

GOLD 3	AM	PM	LAND WORK
Monday	-	7.30 - 8.30	6.45 - 7.30pm
Tuesday	5.30 - 7.00	-	
Wednesday	5.30 - 7.00	7.00-8.30 ** By invitation only	
Thursday	-	6.30-7.30	5.30 - 6.15pm
Friday	5.30 - 7.00	6.00 - 8.00	
Sunday	6.00 - 8.00		8.15 - 9.00am

SILVER 1	AM	PM	LAND WORK
Monday	5.30 - 7.00	7.30 - 9.00	6.45 - 7.30pm
Tuesday	-	-	
Wednesday	5.30 - 7.00	-	
Thursday	5.30 - 7.00	7.30-8.30	5.30 - 6.15pm optional
Friday	-	8.00 - 9.00	7.15 - 7.45pm
Sunday	6.00 - 8.00		8.15 - 9.00am

SILVER 2	AM	PM	LAND WORK
Monday	-	7.00 - 8.00	
Tuesday	5.30 - 7.00	-	
Wednesday	-	7.00-8.00	
Thursday		-	5.30-6.15pm optional



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Friday	-	6.00 - 7.00	
Sunday	6.00 - 8.00		8.15 - 9.00am

BASILDON & PHOENIX SC SQUAD TRAINING TIMES

DEVELOPMENT 1	AM	PM	LAND WORK
Monday	-	7.30 - 8.30	6.45 - 7.30pm
Tuesday	5.30-7.00	-	
Wednesday	-	-	
Thursday	5.30 - 7.00	6.30-7.30	5.30 - 6.15pm
Friday	-	6.00 - 7.00	
Sunday	6.00 - 8.00		8.15 - 9.00am

DEVELOPMENT 2	AM	PM	LAND WORK
Monday		-	
Tuesday		7.00 - 8.00	
Wednesday		-	
Thursday		-	5.30 - 6.15pm
Friday		7.00 - 8.00	
Sunday	6.00 - 8.00		8.15 - 9.00am

BRONZE SQUADS		BRONZE 1	BRONZE 2
Monday	BSV	8.00 - 9.00pm	-
Tuesday	BSV	8.00-9.00pm	8.00-9.00pm
Thursday	BSV	5.30am-7.00am	5.30am-7.00am
Friday	BSV	-	7.00 - 8.00pm

MASTERS		PM
Monday		8.30 - 10.00
Tuesday		8.00 - 9.30
Friday		8.00 - 9.00

ACADEMY SQUADS	
Green	Monday: 6.30 - 7.30pm or Friday 5.00 - 6.00pm
Yellow	Monday: 6.30 - 7.30pm or Friday 5.00 - 6.00pm
Light Blue	Monday: 6.30 - 7.30pm and Friday 5.00 - 6.00pm
Red	Monday 6.30 - 7.30pm
	Tuesday 6.10 - 7.10pm (this includes land exercises before and after)
	Friday 5.00 - 6.00pm

**** The time of this session could be subject to change**