



BPSC SQUAD TIMETABLES

NOVEMBER 2016

BASILDON & PHOENIX SC SQUAD TRAINING TIMES 2016-2017

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

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	-	-	6.45 - 7.30pm
Tuesday	-	7.00 - 8.00	-
Wednesday	-	-	-
Thursday	-	-	-
Friday	-	7.00 - 8.00	-
Sunday	6.00 - 8.00	-	8.15 - 9.00am



BPSC SQUAD TIMETABLES

NOVEMBER 2016

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

MASTERS	AM	PM
Monday	-	8.30 - 10.00
Wednesday	-	8.00 - 9.30
Friday	-	8.00 - 9.00

ACADEMY SQUADS	
Junior Academy	Sunday: 4.00 - 5.00pm
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