

**BARNES SWIMMING CLUB TIMETABLE SEPTEMBER 21**

SQUAD	Development 4	Development 3	Development 2	Development 1	Performance 2	Performance 1	Performance Development	Pre Masters	Seniors and Masters
MON				18.30-20.00		18.30-20.30	18.30-20.00		20.00-21.30
TUE		18.30-20.00			06.00-07.30 18.30-20.00	06.00-07.30 18.30-20.30	06.00-07.30 20.00-21.30		20.00-21.30
WED			18.30-19.30	18.30-20.00	18.00-20.00 SPGS	18.00-20.00 SPGS			20.00-21.30 SPGS
THU			18.30-19.30	18.30-19.30	19.30-21.00	19.30-21.00			
FRI					18.30-20.00	18.30-20.30	18.30-20.00		20.00-21.30
SAT		11.00-12.00	8.30-9.30	9.30-11.00	12.00-2.00	9.30-11.30	11.00-12.30	7.30-8.30	12.30-2.00
SUN	09.30-10.30	09.30-11.00	08.00-09.30	08.00-09.30	12.30-14.15	12.00-14.00	11.00-12.30		10.30-12.00

**SPGS – Training session at St Paul’s Girls’ School, Brook Green, Hammersmith**