



COPELAND AMATEUR SWIMMING CLUB TRAINING TIMES

SQUAD	Monday	Tuesday	Wednesday		Thursday		Friday	Saturday	Sunday		
Masters			05:45 – 06:50			05:45 – 06:50					
S	05:45 – 06:50	05:45 – 06:50	05:45 – 06:50		19:30 – 21:00	05:45 – 06:50	19:00 – 21:00		06:45 – 08:20	14.00 – 16.00	
E	05:45 – 06:50	05:45 – 06:50	05:45 – 06:50		19:30 – 21:00	05:45 – 06:50	19:00 – 21:00		06:45 – 08:20	14.00 – 16.00	
A	05:45 – 06:50	05:45 – 06:50	05:45 – 06:50		19:30 – 21:00	05:45 – 06:50	19:00 – 21:00		06:45 – 08:20		15.00 – 16.00
B1		05:45 – 06:50	05:45 – 06:50		20:00 – 21:00	05:45 – 06:50	19:00 – 21:00		06:45 – 08:20		15.00 – 16,00
B2	05:45 – 06:50		05:45 – 06:50		20:00 – 21:00	05:45 – 06:50	19:00 – 21:00		06:45 – 08:20		15.00 – 16.00
C	05:45 – 06:50	05:45 – 06:50			20:00 – 21:00		20:00 – 21:00			14.00 – 14.50	
D	05:45 – 06:50			19:00 – 19:50			19:00 – 20:00			14.00 - 14.50	
LTS				19:00 – 19:30							

SUNDAY LTS	Session 1 14.00 Big Pool	Session 2 14.00 Small Pool	Session 3 14:30 Big Pool	Session 4 14.30 Small Pool	
-----------------------	-----------------------------	-------------------------------	-----------------------------	-------------------------------	--