

Stourbridge Swimming Club

September 2017 Training Timetable

Column1	Dolphin	JD	JP	Transition	Premier	Performance
Sunday	Dudley as normal	Dudley 6:30-7:30	Halesowen 12-2	Halesowen 12-2	Halesowen 12-2	Dudley 7:30-9
Monday			Dudley 7.10-9.10	Dudley 7.10-9.10	Dudley 7.10-9.10	
Tuesday		PTC 6-7		Dudley 7.10-9.10	Dudley 7.10-9.10	Dudley 7.10-9.10
Wednesday	PTC 6.30-7.30	Crystal 7.15-8.15	PTC 7.30-9	PTC 7.30-9	Crystal 8.15-10	PTC 7.30-9
Thursday	PTC 6.30-7.30		Dudley 8-9.30		Dudley 8-9.30	
Friday		Crystal 7.15-8.15	PTC 6-8	Crystal 7-10 (inc LT)	Crystal 7-10 (inc LT)	
Saturday						
						STTv1.1