

CUMBERNAULD SWIMMING CLUB - TRAINING TIMES (as of 02/12/18)

	IMPROVERS PROGRAMME		COMPETITIVE DEVELOPMENT PROGRAMME			AGE GROUP PERFORMANCE PROGRAMME	
	Danny McGowan	Hannah McLellan Diane Tennant	Craig Greenock	Lisa Stevenson	Lisa Naidoo	Jennifer Ward	Tricia Naidoo
	IMPROVERS 1	IMPROVERS 2	STROKE DEVELOPMENT SQUAD	AGE GROUP GRADED SQUAD	JUNIOR DISTRICT SQUAD	DISTRICT SQUAD	NATIONAL SQUAD
MON.			4.30 – 6.00pm		6.00 – 7.30pm		6.00 – 7.30pm
TUES.		4.00 - 5.00pm	5.00 – 6.30pm	5.00 – 6.30pm		6.15 – 7.30am 6.30 – 8.00pm	6.15 – 7.30am 6.30 – 8.00pm
WED.				4.30 – 6.00pm	6.15 – 7.30am	6.15 – 7.30am 6.00 – 8.00pm	6.00 – 8.00pm
THUR.	4.00 - 5.00pm				6.15 – 7.30am 6.30 – 8.00pm	6.30 – 8.00pm	6.15 – 7.30am 5.00 – 6.30pm
FRI.		4.00 – 5.00pm.		7.00 – 8.00pm	5.00 – 6.30pm	6.30 – 8.00pm	5.30 – 7.00pm
SAT.			7.00 – 8.15am	7.00 – 8.15am			
SUN.	4.00 - 5.00pm	4.00 - 5.00pm	5.00 – 6.00pm	5.00 – 6.00pm	6.00 – 7.30pm	7.30 – 9.00pm.	6.00 – 7.30pm