

**SANDBACH SHARKS SWIMMING CLUB**

**SQUAD TIME TABLE FROM 1<sup>ST</sup> MARCH 2018**

TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>SENIOR ROYAL BLUE:</b>											
		ATTEND 5 OR MORE SESSIONS		PER WEEK. OR AS MANY AS		POSSIBLE, WITH A MINIMUM		ATTENDANCE OF 50% OF THOSE		SESSIONS AVAILABLE PER MONTH	
AM	7—8am	BS	off	off		off		8-9.30am	GS	8.30-9.20 land training £1 on day	
PM	7.30-9pm	BS	6.30---8.30pm	GS	7.15-8.15 invite only (3.30—5pm term time only)	BS GS	6.15---8.15pm	BS	off	9.35—11am BS	
<b>SENIOR NAVY BLUE:</b>											
NO MINIMUM BUT MUST BE ABLE TO TRAIN AT THE SAME LEVEL AS THE ROYAL BLUE SQUAD.											
AM	7—8am	BS	off	off		off		off		8.30-9.20 land training £1 on day	
PM	7.30-9pm	BS	off	7.15-8.15 invite only (3.30—5pm term time only)		BS GS	<b>8.15—9.15pm</b>	<b>BS</b>	off	9.35—11am BS	
<b>SKY BLUES</b>											
		ATTEND 4-5 SESSIONS PER WEEK		OR AS MANY SESSIONS AS		POSSIBLE WITH A MINIMUM		ATTENDANCE OF 50% OF THOSE		SESSIONS AVAILABLE PER MONTH	
AM	7—8am	BS	off	off		off		8-9.30am	GS	8.30-9.20 land training £1 on day	
PM	7.30-9pm	BS	7.15-- 8.30pm	GS	7.15-8.15 invite only (3.30—5pm Term time only)	BS GS	6-15---8.15pm	BS	off	9.35—11am BS	
<b>MARLINS</b>											
		SHOULD ATTEND THREE SESSIONS		PER WEEK		POSSIBLE.		THE MORE YOU ATTEND THE		BETTER YOU MAY BECOME	
AM	7—8am	BS	off	off		off		8—9.30am	GS	off	
PM	6.30-7.30pm	BS	off	3.30-5pm Term time only.		GS	5.15—6.30pm	BS	off	6—7.30pm BS	
<b>TIGERSHARKS</b>											
		NO MINIMUM		BUT THE MORE YOU		ATTEND		THE BETTER YOU		MAY BECOME.	
AM	7—8am	BS	off	off		off		8-9.30am or Sunday pm	GS	off	
PM	6.30-7.30pm	BS	off	3.30-5pm Term time only.		GS	5.15—6.30pm	BS	off	6—7.30pm BS	
<b>SWORDFISH</b>											
		SHOULD ATTEND TWO OR MORE		SESSIONS PER WEEK							
AM	off		off	off		off		8—9.30	GS	off	
PM	6.30-7.30pm	BS	off	off		4.30—5.30pm		BS	off	6—7.30pm BS	
<b>STARFISH Link-Squad</b>				Can attend both sessions							
off			off	off		off		off		off	
PM			6.30-7.30pm	GS	off	4.30—5.30pm		BS	off	6—7.30pm BS	
<b>MASTERS AND MORNINGS</b>		+ STUDENTS HOME FOR		THE HOLIDAYS.		DEPENDING ON SPACE AND		COACH DISCRETION			
AM	7—8am	BS								8.30-11am IF space available BS	
PM						8.15—9.15pm		BS			
<b>SHARKIES</b>		Should attend every week		In order to progress				Duel by Sunday Teacher only			
AM										Half hour Lessons 8.30-9 or 9-9.30 BS	
<b>STAGES 1-5</b>											

