

DASC Training Term Time from Monday 4 September 2017

Please look regularly at your e-mail, texts and the club website for short notice changes to training.

Programme subject to change due to various factors.

LF = Longfield, HK = Hummerknott, EV = Houghton Education Village

DC = Dolphin Centre Main Pool, BT = Dolphin Centre Back Tank

DAY	TIME	VENUE	SQUAD	NOTES
Mon am	6.10-7.45	DC	A1 & A2	Top squad can also attend if they do all mornings
Mon pm	6.30-8.45	EV	Top	
	7.15-8.30	EV	Top Land Training	Moved from Fridays. To start on Mon 4 Sep
	6.00-8.00	HK	A1	
	5.30-6.30	LF	A3	
	6.30-8.30	LF	A2	
Tue am	6.10-7.45	DC	Top	
Tue pm	5.10-6.05	DC	B1	
	5.10-6.05	DC	B2	
	5.10-6.05	DC	B3	
	6.05-7.05	DC	A2	
	6.05-7.05	DC	A3	
	7.05-8.05	BT	A3/A2 alternating weeks	See coaches for info on rota
	7.05-9.00	DC	A1	
	7.05-9.00	DC	Top	
	8.05-9.00	BT	Flexible use by Top & A1	
Wed pm	6.30-8.00	EV	A1	
	5.30-6.30	LF	B1	
	6.30-8.00	LF	A2	
Thu am	6.10-7.45	DC	Top	
Thu pm	7.30-9.00	EV	Top	
	6.00-8.00	HK	A2	
	5.30-7.00	LF	A3	
Fri am	6.10-7.45	DC	Top	A1&A2 can attend but must speak to Glen first
Fri pm	6.30-8.30	EV	Top & A1	Land training moved to Mondays
	5.00-6.30	LF	A3	
Sat am	8.00-9.00	DC	Top Gym	
	11.45am-1.15pm	EV	DIDDY LEAGUE training	To start on Sat 9 Sep. Rota TBC
Sun am	8.00-8.55	BT	Top	
	9.00-10.00	DC	Top	
Sun pm	4.00-5.00	DC	B1	
	4.00-5.00	DC	B2	
	4.00-5.00	DC	B3	
	5.00-6.00	BT	B2	
	5.00-6.00	DC	A3	
	6.00-7.00	DC	A2	
	5.00-7.00	DC	A1	