

DERVENTIO EXCEL SWIM SQUAD



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BOTH TIMETABLES RUN CONCURRENTLY TO EACH OTHER

PERFORMANCE SQUAD						
SOUTH DERBYSHIRE TRAINING TIMETABLE [A]						
CURRENT 2006						
	Mon	Tue	Wed	Thu	Fri	Sat
AM	5.45 - 7.30	5.45 - 7.30	5.30 - 7.30	5.45 - 7.30	5.30 - 7.30	6.00 - 8.00
Pool	Etwall	QLC - Gala Pool	Etwall	QLC - Gala Pool	Ripley	Ripley
PM	5.00 - 8.00	5.30 - 6.30	5.00 - 7.00	5.30 - 7.30	5.00 - 8.00	No Training
Pool	Moorways	Moorways	Moorways	Moorways	Moorways	
Landwork	5.00 - 5.45	1630 - 1730	No Training	1630 - 1730	No Training	8.00 - 9.00
Venue	Etwall	Moorways		Moorways		Ripley

PERFORMANCE SQUAD						
NORTH DERBYSHIRE TRAINING TIMETABLE [B]						
TEMPORARY From 5 th June [Due To Middlecroft Closure]						
	Mon	Tue	Wed	Thu	Fri	Sat
AM	5.30 - 7.30	5.30 - 7.30	5.30 - 7.30		5.30 - 7.30	6.00 - 8.00
Pool	Queens Park	Sharley Park - Clay Cross	Eckington	No Training	Queens Park	Ripley
PM	5.00 - 8.00		5.00 - 8.00	5.00 - 8.00		No Training
Pool	Manor College	No Training	Manor College	Manor College	No Training	
Landwork	16.15 - 17.00		16.15 - 17.00	16.15 - 17.00	No Training	8.00 - 9.00
Venue	Manor College	No Training	Manor College	Manor College		Ripley