

**ROMFORD TOWN SWIMMING CLUB – PHASED SCHEDULE FOR ALL SQUADS**

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A Squad	6.45 – 7.45am (Central Park)	5.45 – 6.45am (Central Park)		5.45 – 6.45am (Central Park)	5.45 – 7.45am (Central Park)	7.30 – 8.30am (Sapphire)	
					7.30 – 8.30pm (Sapphire)		7.00 – 8.30pm (Central Park)
B Squad	5.45 – 6.45am (Central Park)		6.45 – 7.45am (Central Park)	6.45 – 7.45am (Central Park)			
					7.30 – 8.30pm (Sapphire)		6.00 – 7.00pm (Central Park)
C Squad		6.45 – 7.45am (Central Park)				6.30 – 7.30am (Sapphire)	
					6.30 – 7.30pm (Sapphire)		5.00 – 6.00pm (Central Park)
D Squad						6.30 – 7.30am (Sapphire)	
					6.30 – 7.30pm (Sapphire)		4.00 – 5.00pm (Central Park)
Masters			5.45 – 6.45am (Central Park)			7.30 – 8.30am (Sapphire)	7.30 – 9.00am (Central Park)