

ROMFORD TOWN SWIMMING CLUB – PHASE 3 SCHEDULE FOR ALL SQUADS

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A Squad	5.30 – 7.30am (Abbs Cross)	5.30 – 7.30am (Becontree 50m)	5.30 – 7.30am (Abbs Cross)		5.30 – 7.30am (Becontree 50m)	6.30 – 8.30am (Sapphire)	
	5.30 -7.30pm (Becontree 50m)	Land training 5.00 – 6.00pm (Abbs Cross) <hr/> Swimming 6.00 – 7.00pm (Abbs Cross)	6.00 – 8.00pm (Abbs Cross)	6.00 – 8.00pm (Abbs Cross)			5.00 – 7.00pm (Abbs Cross)
B Squad	5.30 – 7.30am (Abbs Cross)			5.30 – 7.00am (Becontree 50m)		6.30 – 8.30am (Sapphire)	
		Land training 6.00 – 7.00pm (Abbs Cross) <hr/> Swimming 7.00 – 8.30pm (Abbs Cross)			6.30 – 8.30pm (Sapphire)		5.30 – 7.00pm (Central Park)
C Squad						7.00 - 8.30am (Abbs Cross)	
		5.00 – 6.00pm (Abbs Cross)	4.30 – 6.00pm (Abbs Cross)		6.30 – 8.30pm (Sapphire)		4.00 – 5.30pm (Central Park)
D Squad						7.00 - 8.30am (Abbs Cross)	
		5.00 – 6.00pm (Abbs Cross)	4.30 – 6.00pm (Abbs Cross)				4.00 – 5.30pm (Central Park)
Masters			5.30 – 7.30am (Abbs Cross)			7.00 – 8.30am (Campion Sch)	7.30 – 9.00am (Central Park)
	8.30 – 9.30pm (Campion)						