

Potters Bar SC Training programme effective from November 3<sup>rd</sup> 2015

	Furzefield						The Venue		
Monday 6.15pm - 7.45pm	P1	J1							
Monday 8pm - 9pm	Masters								
Monday 5.30pm to 7pm							P2	Club	
Tuesday 6am to 7am	P1	P2	J1	J2	Club	Masters			
Tuesday 6pm to 7pm	J2								
Tuesday 6pm to 8pm							P1		
Wednesday 6.15pm -7.45pm	P2	J1							
Wednesday 8pm - 9pm	Masters								
Wednesday 6pm to 8pm							P1		
Thursday 6am to 7am	P1	P2	J1	J2	Club	Masters			
Thursday 6.15pm - 8.15pm	P1	P2	J1						
Thursday 6.15pm to 7.15pm	J1								
Thursday 7.15pm - 8.15pm	J2	Club							
Friday 6am - 7am	P1								
Friday 6.15pm - 7.15pm	J1								
Friday 7.15pm - 8.15pm	J2	J2	J2	LTS Swim Groups					
Friday 8.15pm - 9.15pm	Club	P1	P2	Masters					
Saturday 7.15am to 8.45am	P1	P2	J1	J2	Club				
Sunday 6.15pm - 7.15pm	P1	P2	J1	J2					
Sunday 7.15pm to 8.15pm	P1	P2	Club	Masters					