

Bexley Swimming Club

Registered Charity No: 1156407

SQUAD TIMETABLE

THE DEVELOPMENT ACADEMY		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	Swim	1800-1900 Sidcup				1830-1930 Sidcup		1500-1600 Sidcup
Summer	Swim			12.10-14.10 Eric Liddell				

PROGRESSIVE		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim						0800-0930 Crook Log	
PM	Swim	1900-2000 Sidcup	1800-1900 Sidcup			1930-2030 Sidcup		1600-1700 Sidcup
Summer	Swim		12.10-14.10 Eric Liddell		12.10-14.10 Eric Liddell			

JUNIOR PERFORMANCE		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim						0700-0800 Crook Log	
PM	Land					1830-1930 The Glade		
	Swim	1900-2000 Sidcup	1800-1900 Sidcup		2030-2200 Sidcup	1930-2030 Sidcup		1600-1800 Sidcup
Summer	Swim		12.10-14.10 Eric Liddell		12.10-14.10 Eric Liddell			

SENIOR PERFORMANCE		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim	NO TRAINING		0630-0730 Crook Log	0630-0730 Crook Log	NO TRAINING		
PM	Land							
	Swim	2000-2100 Sidcup	2100-2200 Eric Liddell		2100-2200 Eric Liddell	2030-2200 Sidcup	1900-2100 Eric Liddell	
Summer	Swim	12.10-14.10 Eric Liddell				12.10-14.10 Eric Liddell		

CLUB MASTERS		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim						<i>Invite Only</i>	
PM	Swim	2100-2200 Sidcup (*)						1700-1800 Sidcup

(*) Selected dates as follows:

May - 17th
 June - 7th, 21st & 28th
 July - 5th, 19th & 26th
 August - 2nd, 16th & 23rd
 September - 6th, 20th & 27th
 October - 4th, 18th & 25th
 November - 1st, 15th, 22nd & 29th
 December - 6th, 20th & 27th