

Bexley Swimming Club

Registered Charity No: 1156407

2022/23 TRAINING TIMETABLE - 1st September 2022

THE DEVELOPMENT ACADEMY		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PM	Swim		1800-1900 Sidcup			1830-1930 Sidcup	1800-2000 Eltham College	

PATHWAY		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim					0615-0715 Crook Log	0830-0930 Crook Log	
	Swim	1800-1900 Sidcup			1900-2030 DGGS			1500-1600 Sidcup

COMPETITIVE		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim					0615-0715 Crook Log	0700-0830 Crook Log	
	Swim	1800-1900 Sidcup	2030-2130 Crook Log		2030-2200 Sidcup			1500-1600 Sidcup

PERFORMANCE		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim	0615-0730 Crook Log	0615-0730 Crook Log		0615-0730 Crook Log			
	Swim	**1845-2100 Sidcup	2100-2200 Eltham College		2100-2200 Eltham College	**1915-2130 Sidcup		**1545-1800 Sidcup

CLUB MASTERS		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim						0730-0930 Crook Log	
PM	Swim	2100-2200 Sidcup (*)						

(*) No Masters on following Mondays:

January - 10th

February - 14th & 28th

March - 14th

April - 11th

May - 9th & 23rd

June - 13th

July - 11th

August - 8th & 22nd

September - 12th

October - 10th

November - 14th & 28th

December - 12th

NO TRAINING ON THE FOLLOWING DATES:

15th April 2022 (Good Friday)

17th April 2022 (Easter Sunday)

18th April 2022 (Easter Monday)

2nd May 2022 (Spring Bank Holiday)

2nd June 2022 (Platinum Jubilee)

3rd June 2022 (Platinum Jubilee)

29th August 2022 (Summer Bank Holiday)

** Arrival Time for a 15min Pre-pool Dynamic Stretch Warm-Up