

Newmarket Swimming Club Sessions 2009

2nd November 09

				Sessions	Hours
	Half Transition		Stage 1	1	1.00
	Transition		Stage 1	4	4.50
	Juniors		Stage 2	5	6.00
	Age Group/+		Stage 3	8	12.5
	Youth/Seniors		Stage 4	8	13.00
	Training to w		Stage 5	0	0
	Masters			2	2.00
	Disability			2	2.00

Monday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
19.00 - 19.30						
19.00 - 20.00						
20.00 - 20.30						
20.30 - 21.00						

Tuesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
06.00 - 06.30						
06.30 - 07.00						

Wednesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
06.00 - 06.30						
06.30 - 07.00						
07.00 - 07.30						

Wednesday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
18.00 - 18.30						
18.30 - 19.00						
19.00 - 19.30						
19.30 - 20.00						

Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
06.00 - 06.30						
06.30 - 07.00						

Thursday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6

19.00 - 19.30						
19.00 - 20.00						
20.00 - 20.30						
20.30 - 21.00						
Friday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
18.00 - 18.30						
18.30 - 19.00						
19.00 - 19.30						
Sunday	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
17.30 - 18.00						
18.00 - 18.30						
18.30 - 19.00						
19.00 - 19.30						
19.00 - 20.00						
20.00 - 20.30						