

## Bromsgrove SC Training Timetable, January 2019

		Monday	Tuesday	Wednesday	Thursday	Friday	Sunday AM	Sunday PM	Training Hours
	Minnows		19:00 - 19:30						0.5
	Bronze				19:00 - 20:00				1
	Silver		19:30 - 20:30		19:00 - 20:00				2
	Gold		19:30 - 20:30		19:00 - 20:00	06:00 - 07:00		17:00 - 18:00	4
County	Land			20:00 - 20:20	20:00 - 21:00			20:00 - 20:20	7.5 - 9
	Pool		19:00 - 21:00	19:00 - 20:00	19:00 - 20:00	06:00 - 07:00	1 x per month	19:00 - 20:00	
Regional	Land	19:40 - 20:00	18:40 - 19:00	18:40 - 19:00	19:00 - 20:00			18:40 - 19:00	11.5 - 13.5
	Pool	20:00 - 21:30	19:00 - 21:00	19:00 - 21:00	20:00 - 21:00	06:00 - 07:00	2 x per month	19:00 - 21:00	
National	Land	19:40 - 20:00	18:40 - 19:00	18:40 - 19:00	19:00 - 20:00			18:40 - 19:00	13.5
	Pool	20:00 - 21:30	19:00 - 21:00	19:00 - 21:00	20:00 - 21:00	06:00 - 07:00	07:00 - 08:30	19:00 - 21:00	
Fit 1	Land								4
	Pool			20:00 - 21:00	20:00 - 21:00	06:00 - 07:00			
Fit 2	Land	20:00 - 21:30							5.5
	Pool			20:00 - 21:00	20:00 - 21:00	06:00 - 07:00			

<u>Venue Key</u>
Bromsgrove LC
Bromsgrove School
Birmingham University