Forest of Dean SC <u>Timetable</u>



Training 1					
Monday 18:30-19:30 Swim Lydney					
Wednesday 18:00-19:00		Swim	Cinderford		
Friday	18:00-19:00	Swim	Cinderford		
riluay	18:00-19:00	Swim	Lydney		

Training 2					
Monday 18:30-19:30 Swim Lydney					
Wednesday 18:00-19:00		Swim	Cinderford		
Eriday	18:00-19:00	Swim	Cinderford		
Friday	18:00-19:00	Swim	Lydney		

Competition 1							
Monday	Monday 18:00-19:00 Swim						
Thursday	18:00-19:00	Swim	Lydney				
Friday	18:45-19:00	Pre-Pool	Lydney				
	19:00-20:00	Swim					
Sunday	9:15-9:30	Pre-Pool	Cinderford				
	9:30-10:30	Swim	Cindellord				

Competition 2					
Monday	Monday 18:00-20:00 Swim				
Wednesday	18:45-19:00	Pre-Pool	Cinderford		
wednesday	19:00-20:30	Swim	Cilideriold		
Eriday	18:45-19:00	Pre-Pool	Ludnou		
Friday	19:00-20:00	Swim	Lydney		
	10:15-10:30	Pre-Pool			
Sunday	10:30-11:30	Swim	Cinderford		
	11:30-12:30	Land Training			

Performance 1				
Mandan	18:45-19:00	Pre-Pool	Cinderford	
Monday	19:00-21:00	Swim	Cilidellold	
Thursday	18:45-19:00	Pre-Pool	Ludnou	
Thursday	19:00-20:00	Swim	Lydney	
Friday	18:45-19:00	Pre-Pool	Cinderford	
	19:00-20:30	Swim	Cilideriord	
Sunday	9:15-9:30	Pre-Pool		
	9:30-11:30	Swim	Cinderford	
	11:30-12:30	Land Training		

Performance 2				
Manday	19:45-20:00	Pre-Pool	Cinderford	
Monday	20:00-21:00	Swim	Cilideriora	
Wednesday	18:45-19:00	Pre-Pool	Cinderford	
weullesday	19:00-20:30	Swim	Cilideriord	
Thursday	18:00-20:00	Swim	Lydney	
Friday	18:45-19:00	Pre-Pool	Cinderford	
	19:00-20:30	Swim	Cindentora	
Sunday	9:15-9:30	Pre-Pool		
	9:30-11:30	Swim	Cinderford	
	11:30-12:30	Land Training		

Masters					
Wednesday 20:30-21:30 Swim Cinderford					
Fridov	18:00-19:00	Swim	Lydney		
Friday	20:30-21:30	Swim	Cinderford		
Sunday 8:30-9:30		Swim	Cinderford		

Competition Club				
Mode code.	18:45-19:00	Pre-Pool	Cinderford	
Wednesday	19:00-20:00	Swim	Cilideriord	
Friday	18:45-19:00	Pre-Pool	Lydney	
	19:00-20:00	Swim		
Sunday	9:15-9:30	Pre-Pool	Cinderford	
	9:30-10:30	Swim	Cindellold	

Performance Club				
Monday	19:45-20:00	Pre-Pool	Cinderford	
	20:00-21:00	Swim	Cilideriord	
Thursday	18:45-19:00	Pre-Pool	Lydney	
	19:00-20:00	Swim		
Sunday	9:15-9:30	Pre-Pool	Cinderford	
	9:30-10:30	Swim	Cilideriord	