

Club Programme Northgate Swimming Club

Session Name	Ability	Pool	No. Of Lanes per session	Day	Time	Duration
Seniors	Train to Train/Compete	Much Wenlock	6	Sunday	8am to 9:30am	1.5 hrs
Seniors	Train to Train/Compete	Much Wenlock	6	Tuesday	7pm to 9pm	2 hrs
Seniors	Train to Train/Compete	Bridgnorth	4	Wednesday	7:10pm to 8:10pm	1 hr
Seniors	Train to Train/Compete	Much Wenlock	6	Thursday	7pm to 9pm	2 hrs
Seniors	Train to Train/Compete	Much Wenlock	4	Saturday	7:30am to 9am	1.5 hrs
Junior Performance	Train to train	Much Wenlock	6	Sunday	6.00pm to 7.30pm	1.5 hrs
	Train to train	Much Wenlock	6	Monday	7pm to 8pm	1hr
	Train to train	Much Wenlock	6	Tuesday	6pm to 7pm	1 hr
	Train to train	Much Wenlock	6	Thursday	6pm to 7pm	1 hr
	Train to train	Much Wenlock	6	Saturday	9am to 10.30am	1.5 hr
Junior Development	Swim Skills	Much Wenlock	6	Monday	6pm to 7pm	1 hr
	Swim Skills	Bridgnorth	4	Wednesday	6:05pm to 7:05pm	1 hr
	Swim Skills	Bridgnorth	4	Thursday	6:05pm to 7:05pm	1 hr
Gators	FUNDamentals	Bridgnorth	4	Saturday	10:10am to 11:10am (inc top / middle groups 15min lengths)	1 hr
	FUNDamentals	Bridgnorth	4	Sunday	To Be Advised	
	FUNdevelopment	Bridgnorth	4	Sunday	To Be Advised	
Masters	Social/Fitness only	Much Wenlock	4	Sunday	6.00pm to 7.30pm	1.5 hrs
	Social/Fitness only	Bridgnorth	4	Tuesday	6.15am to 7.15am	1hr
	Social/Fitness only	Bridgnorth	4	Wednesday	6.15am to 7.15am	1hr
	Social/Fitness only	Much Wenlock	4	Friday	6pm to 7pm	1 hr

SWIMMERS SHOULD ARRIVE SWIM READY 5 MINUTES BEFORE SESSIONS START. PARENTS SHOULD BE READY TO COLLECT SWIMMERS 5 MINUTES BEFORE SESSIONS END