



Holywell ASC Timetable



Version 4 - January 21st 2019

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Performance 1	5:30pm to 7:30pm	5:30pm to 7:30pm	5:30pm to 7:30pm	6:30pm to 8:30pm	6:30pm to 8:30pm	7:00am to 9:00am		12
		5.30am to 7.00am		5.30am to 7.00am	5pm-6pm With Gaynor	9:30am-10:30am With Terry		2
								3
17								
Performance 2	5:30pm to 7:30pm		5:30pm to 7:30pm	6:30pm to 8:30pm		7:00am to 9:00am		8
		5.30am to 7.00am		5.30am to 7.00am	5pm-6pm With Gaynor	9:30am-10:30am With Terry		2
								3
13								
Junior Performance	5:30pm to 7:30pm	5:30pm to 7:30pm	5:30pm to 7:30pm	7:30pm to 8:30pm	6:30pm - 7:30pm	7:00am to 9:00am		10
		5.30am to 7.00am		5.30am to 7.00am	5pm-6pm With Gaynor	9:30am-10:30am With Terry		2
								3
15								
Gold	5:30pm to 6:30pm	6:30pm to 7:30pm		7:30pm to 8:30pm	6:30pm to 8:30pm	7:00am to 8:00am	4:00pm - 6:00pm	8
		5.30am to 7.00am		6pm-7pm With Terry		9:30am-10:30am With Terry		2
				5.30am to 7.00am				3
13								
Silver	5:30pm to 6:30pm	5:30pm to 6:30pm			6:30pm to 8:30pm	7:00am to 8:00am	4:00pm - 6:00pm	7
		5.30am to 7.00am		6pm-7pm With Terry				1
				5.30am to 7.00am				3
11								
Bronze	5:30pm to 6:30pm			7:30pm to 8:30pm	7:30pm to 8:30pm	7:00am to 8:00am	4:00pm - 6:00pm	6
		5.30am to 7.00am		6pm-7pm With Terry				1
				5.30am to 7.00am				3
10								
Young Olympians 1				5:30pm to 6:30pm	6:30pm to 7:30pm	8:00am to 9:00am	5:00pm - 6:00pm	4
		5.30am to 7.00am		5.30am to 7.00am				3
								7
7								
Young Olympians 2				5:30pm to 6:30pm	6:30pm to 7:30pm	8:00am to 9:00am	5:00pm - 6:00pm	4
		5.30am to 7.00am		5.30am to 7.00am				3
								7
7								
Water Dragons				6:30pm to 7:30pm		8:00am to 9:00am	4:00pm to 5:00pm	3
								3
								3
3								
Minnows				5:30pm to 6:30pm		8:00am to 9:00am	4:00pm to 5:00pm	3
								3
								3
3								
Dragons				7:30pm to 8:30pm	7:30pm to 8:30pm		4:00pm - 6:00pm	4
		5.30am to 7.00am		5.30am to 7.00am		9:30am-10:30am With Terry		1
								3
8								
Dolphins / Masters					7:30pm to 8:30pm	7:00am to 8:00am	4:00pm - 5:00pm	3
		5.30am to 7.00am		5.30am to 7.00am				3
								6
6								

Please remember to arrive 15 minutes early to stretch and warm-up before getting in to swim.

FONT COLOUR KEY: Black - core swim time sessions : Pink - early morning swim Blue - land training

Swimmers must be 11+ as of the 31 December before accessing morning swims: