WEYMOUTH WAVES SWIMMING – TRAINING SCHEDULE FROM SEPTEMBER 14th ONWARDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SENIOR A	*5:15--6:45 AM* 6:50-8:50 PM	6:50-8:50 pm	6 to 8:50 pm (includes dry)	6:50-8:50 pm	5:40-8:00 pm	6:15--9:15 am (includes dry)	NONE
SENIOR B	*5:15--6:30 AM* 6:50-8:50 PM	6:50-8:50 pm	6 to 8:50 pm (includes dry)	6:50-8:50 pm	5:40-8:00 pm	NONE	7 to 9 am
JUNIOR A	5:10--6:40 pm	5:10--6:40 pm	5:10--6:40 pm	5:10--6:40 pm	4:00-5:30 pm	NONE	7 to 9 am
JUNIOR B	4 to 5 pm	4 to 5 pm	4 to 5 pm	4 to 5 pm	NONE	NONE	NONE