

Preston Swimming Club

SECTIONS	Squad	Staff		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
YOUTH & SENIOR PERFORMANCE	Top Squad & University	Samir Ahmed Jess Wilkie	AM	05:15 - 08:15 (3L) West View Pool & Gym	05:00 - 08:15 (3L) West View Pool & Gym		05:00 - 08:15 (3L) West View Pool & Gym	05:15 - 08:15 (3L) West View Pool & Gym	06:00 - 09:30 (3L) West View Pool & Gym		
			PM	17:00 - 19:00 (3L) West View	17:30 - 20:00 (3L) Lancaster	16:30 - 19:00 (4L) Manchester	18:00 - 20:00 (3L) West View Pool & Gym	17:00 - 19:30 (3L) Stonyhurst College			
AGE GROUP PERFORMANCE SQUADS	A2	Jess Wilkie Richard Millar, Helen Mews, Katie Jepson	AM	05:00 - 06:30 (6L) Fulwood	05:15 - 07:30 (4L) West View		05:00 - 07:00 (3L) West View		06:00 - 08:00 (3L) 08:15 - 09:15 Land Work West View		
			PM	18:00 - 20:00 (3L) Stonyhurst College		18:00 - 20:00 (3L) West View		16:30 - 18:30 (3L) West View			
	A1	Jess Wilkie Richard Millar, Helen Mews, Katie Jepson	AM	05:00 - 06:30 (6L) Fulwood			05:00 - 07:00 (3L) West View		06:00 - 08:00 (3L) 08:15 - 09:15 Land Work West View		
			PM	18:00 - 20:00 (3L) Stonyhurst College		18:00 - 20:00 (3L) West View		16:30 - 18:30 (3L) West View			
	B	Paul Davison Patrick Blain, Judith Lawrence, Sophie Laurence	AM	06:00 - 07:00 (3L) West View						06:00 - 08:00 (3L) 08:15 - 9:00 Land Work West View	
			PM	17:00 - 19:00 (3L) West View		20:00 - 21:15 (3L) Fulwood		18:30 - 19:30 (3L) West View		16:30 - 18:00 (3L) Fulwood	
DEVELOPMENT SQUADS	C	Kirsteen Murray Patrick Blain, Sue Penrith, Judith Lawrence, Sophie Laurence	AM	06:00 - 07:00 (3L) West View					07:00 - 08:00 (3L) Fulwood		
			PM			20:00 - 21:15 (3L) Fulwood	18:00 - 19:00 (3L) West View	18:30 - 19:30 (3L) West View		17:00 - 18:00 (3L) Fulwood	
	D	Ian Parker Kate Hunter, Judith Lawrence, Sophie Laurence	AM						07:00 - 08:00 (3L) Fulwood		
			PM			20:00 - 21:15 (TP) Fulwood	19:00 - 20:00 (3L) West View	19:30 - 20:30 (3L) West View			
Pre MDS	Ian Parker Kim Armston Kirsteen Murray	AM									
		PM					18:00 - 19:00 West View		18:00 - 19:00 (3L) West View		
CLUB SQUADS	Senior Sprint	Steve Heaps Ian Fielding	AM	05:15 - 07:00 (3L) West View							
			PM		20:00 - 21:00 (4L) Fulwood	21:00 - 22:00 (6L) Fulwood	20:00 - 21:00 (4L) Fulwood	19:30 - 21:30 (3L) West View			
	Junior Sprint	Steve Heaps Ian Fielding	AM								
			PM		20:00 - 21:00 (2L) Fulwood		20:00 - 21:00 (2L) Fulwood	20:30 - 21:30 (3L) West View			
	Club Fit	Sue Penrith Graeme Parsons Imogen Carr Georgia Riley	AM								
			PM					20:00 - 21:00 (3L) Fulwood		16:00 - 17:00 (3L) West View	
MASTERS ADULTS 18+	Masters	Alex Overton Tanja Slater	AM		06:00 - 07:00 (2L) West View						
			PM					20:00 - 21:00 (3L) Fulwood			
Water Polo	Senior Water Polo	Michael Peacock Paul Haworth	PM				21:00 - 22:00 (6L) Fulwood			19:00 - 21:00 (6L) Fulwood	
	Junior Water Polo	Michael Peacock Paul Haworth	PM				21:00 - 22:00 (6L) Fulwood			19:00 - 21:00 (6L) Fulwood	
LEARN TO SWIM	West View Lessons	Kim Armston Tom Glover	PM					18:30 - 19:30 (TP) West View	16:00 - 18:00 (TP & 6L) West View	16:00 - 19:00 (TP & 6L) West View	
	West View Disability Hub	Julie Jackson Prisha Patel	PM								