

Preston Swimming Club								
BE PROUD - SHOW PASSION - REALISE POTENTIAL								
SECTIONS	Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YOUTH & SENIOR PERFORMANCE	Top Squad & University	AM	05:00 - 07:30 (3L) West View Pool	05:00 - 08:15 (3L) West View Pool & Gym		05:00 - 07:00 (3L) West View Pool	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	18:00 - 20:00 (3L) Lancaster Uni	16:00 - 18:30 (3L) Manchester	17:00 - 20:00 (3L) West View Pool & Gym	16:30 - 18:30 (3L) West View Pool & Gym	
AGE GROUP PERFORMANCE SQUADS	A2	AM	05:00 - 07:00 (3L) West View Pool	05:00 - 08:15 (3L) West View Pool & Gym		05:00 - 07:00 (3L) West View Pool & Land		06:00 - 08:00 (3L) 08:15 - 09:15 Land Work Fulwood
		PM	17:15 - 20:00 (3L) Stonhurst College Land & Swim		18:00 - 20:00 (3L) West View		16:30 - 18:30 (3L) West View	
	A1	AM	05:00 - 07:00 (3L) West View Pool			05:00 - 07:00 (3L) West View Pool & Land		06:00 - 08:00 (3L) 08:15 - 09:15 Land Work Fulwood
		PM	18:00 - 20:00 (3L) Stonhurst College		18:00 - 20:00 (3L) West View		16:30 - 18:30 (3L) West View	
	B	AM	06:00 - 07:00 (3L) West View Pool					06:00 - 08:00 (3L) 08:15 - 9:00 Land Work Fulwood
		PM	17:00 - 19:00 (3L) West View		20:00 - 21:00 (3L) Fulwood		18:00 - 19:00 (3L) West View	
	C	AM	06:00 - 07:00 (3L) West View					06:00 - 07:00 (3L) Fulwood
		PM			20:00 - 21:00 (3L) Fulwood	18:00 - 19:00 (3L) West View	18:00 - 19:00 (3L) West View	
	D	AM	06:00 - 07:00 (3L) West View					07:00 - 08:00 (3L) Fulwood
		PM			20:00 - 21:00 (TP) Fulwood	19:00 - 20:00 (3L) West View	19:30 - 20:30 (3L) West View	
	Pre MDS	AM						
		PM					18:30 - 19:30 West View	
CLUB SQUADS	Senior Sprint	AM		05:00 - 07:00 (3L) West View Pool			06:00 - 07:00 (3L) West View	08:00 - 09:00 Fulwood - Land work
		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	AM						
		PM		20:00 - 21:00 (3L) Fulwood		20:00 - 21:00 (3L) Fulwood	20:30 - 21:30 (3L) West View	
	Club Fit	AM						
		PM					20:00 - 21:00 (3L) Fulwood	
Disability Para	Masters	AM	06:00 - 07:00 (3L) West View Pool			06:00 - 07:00 (3L) West View Pool		
Water Polo	Senior Water Polo	PM				21:00 - 22:00 (6L) Fulwood		19:00 - 21:00 (6L) Fulwood
	Junior Water Polo	PM				21:00 - 22:00 (6L) Fulwood		19:00 - 21:00 (6L) Fulwood
	West View							16:00 - 19:00 (TP & 6L)

LEARN TO SWIM	(WV) Lessons	PA								West View
	West View Disability Hub	PA								