

GRANGEMOUTH AMATEUR SWIMMING CLUB TRAINING SCHEDULE 2010

<u>SQUAD</u>	<u>DAY</u>	<u>VENUE</u>	<u>TIME</u>
Improvers (All)	Tuesday	Grangemouth SC	6.00 - 6.45pm
Improvers (Lanes 4,5,&6)	Wednesday	Braes High	6.30 - 7.30pm
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'C' Squad	Monday	Larbert High	7.00 - 8.30pm
	Tuesday	Grangemouth SC	8.30 - 9.30pm *
	Wednesday	Braes High	7.30 - 8.30pm
	Friday	Grangemouth High	7.30 - 9.15pm
	Sunday	Grangemouth SC	7.15 - 8.45am
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'B' Squad	Monday	Larbert High	7.00 - 8.30pm
	Tuesday	Grangemouth SC	7.30 - 8.45pm *
	Wednesday	Braes High	7.30 - 8.30pm
	Friday	Grangemouth High	7.30 - 9.15pm
	Saturday	Grangemouth SC	5.00 - 6.30pm or 6.30 - 8.00pm (alternate Sats see Rota or club website)
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'B+' Squad	Monday	Larbert High	7.00 - 8.30pm
	Tuesday	Grangemouth SC	7.30 - 8.45pm *
	Wednesday	Braes High	7.30 - 8.30pm
	Friday	Grangemouth SC	6.00 - 7.30am
		Grangemouth High	7.30 - 9.15pm
	Saturday	Grangemouth SC	5.00 - 6.30pm or 6.30 - 8.00pm (alternate Sats see Rota or club website)
		Sunday	Grangemouth SC
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'I' Squad	Monday	Grangemouth SC	6.00 - 7.30am
		Larbert High	6.30 - 8.30pm **
	Tuesday	Grangemouth SC	6.00 - 7.30am
		Grangemouth SC	6.30 - 7.45pm *
	Wednesday	Grangemouth SC	6.00 - 7.30am
		Bo'ness Academy	6.45 - 8.45pm
	Thursday	Grangemouth SC	6.00 - 7.30am
	Friday	Grangemouth SC	6.00 - 7.30am
		Larbert High	6.30 - 8.30pm
Sunday	Grangemouth SC	5.00 - 7.00pm	

*Includes 15 minutes land training

**Land training session