

Sandbach Sharks Swimming Club – Training Timetable January 2023

SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Transition			Transition 6:30pm to 7:30pm			Transition 2:00pm to 3:00pm	
Skills		Skills 7:00pm to 8:00pm	Skills 6:30pm to 7:30pm			Skills 2:00pm to 3:00pm	Skills 3:00pm to 4:00pm
Development		Development 8:00pm to 9:00pm	Development 7:30pm to 8:30pm	Development 7:00pm to 8:00pm	Development 6:30pm to 8:00pm	Development 3:00pm to 4:00pm	
Advanced		Advanced 8:00pm to 9:00pm		Advanced 8:00pm to 9:00pm	Advanced 6:30pm to 8:00pm	Advanced 3:00pm to 5:00pm	Advanced 4:00pm to 6:00pm
Performance			Performance 7:30pm to 9:00pm	Performance 7:00pm to 9:00pm	Performance 7:30pm to 9:00pm	Performance 3:00pm to 5:00pm	Performance 4:00pm to 6:00pm

**Boys School Address**  
 Sandbach School  
 Crewe Road  
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