



# South Lake Dolphins Swimming Club

## SLD Training Schedule from 1st May 2023

Training Times	Squad	Pool	Coach
<b>Monday</b>			
<b>Morning Training</b>			
0530 - 0730	Silver	50m outdoor	Stefano
0530 - 0700	Youth	25m indoor	Thibaut
<b>Afternoon Training</b>			
1600 - 1700	Minnows	25m outdoor (shallow end)	Thibaut / Stefano
1600 - 1715	Marlins	25m outdoor (deep end)	Jordan
1700 - 1900	Gold	25m outdoor (shallow end)	Stefano
1715 - 1900	Bronze	25m outdoor (deep end)	Jordan
<b>Tuesday</b>			
<b>Morning Training</b>			
0530 - 0700	Gold	50m outdoor	Stefano
0530 - 0700	Youth	25m indoor	Thibaut
<b>Afternoon Training</b>			
1600 - 1700	Minnows	25m outdoor (shallow end)	Thibaut
1600 - 1715	Marlins	25m outdoor (deep end)	Jordan / Stefano
1700 - 1900	Silver	25m outdoor (shallow end)	Stefano
1715 - 1900	Bronze	25m outdoor (deep end)	Jordan
<b>Wednesday</b>			
<b>Morning Training</b>			
0530 - 0700	Gold	25m outdoor (deep end)	Stefano
0530 - 0700	Bronze	25m indoor	Jordan
0530 - 0700	Youth	25m outdoor (shallow end)	Thibaut
<b>Afternoon Training</b>			
1600 - 1700	Minnows	25m outdoor (shallow end)	Thibaut
1600 - 1715	Marlins	25m outdoor (deep end)	Stefano
1700 - 1900	Silver	25m outdoor (shallow end)	Jordan
1715 - 1900	Gold	25m outdoor (deep end)	Stefano
<b>Thursday</b>			
<b>Morning Training</b>			
0530 - 0730	Silver	25m indoor	Stefano
0530 - 0700	Youth	50m outdoor	Thibaut
<b>Afternoon Training</b>			
1600 - 1700	Minnows	25m outdoor (shallow end)	Stefano
1600 - 1715	Marlins	25m outdoor (deep end)	Jordan
1700 - 1900	Gold	25m outdoor (shallow end)	Stefano
1715 - 1900	Bronze	25m outdoor (deep end)	Jordan
<b>Friday</b>			
<b>Morning Training</b>			
0530 - 0700	Gold	25m indoor	Stefano
0530 - 0700	Bronze	25m outdoor (deep end)	Jordan
0530 - 0700	Youth	25m outdoor (shallow end)	Thibaut
<b>Afternoon Training</b>			
1600 - 1800	Gold	50m outdoor	Stefano
1800 - 1900	Minnows/Marlins	25m Indoor Skills training	Stefano / Thibaut
<b>Saturday</b>			
<b>Morning Training</b>			
0700 - 0900	Gold	50m outdoor	Stefano
0900 - 1100	Silver	50m outdoor	Stefano / Jordan