

Aberdeen Amateur Swimming Club Squad Practice Schedule

Swim Skills 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 out of 4		4.15-5.15pm	5.15-6.15pm			3.00-4.00pm	12.30-1.30pm
Club Ready	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 or 2 out of 4		4.15-5.15pm	5.15-6.15pm			3.00-4.00pm	12.30-1.30pm
A Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 out of 4			6.15-7.15pm		5.45-6.45pm	4.00-5.00pm	2.30-3.30pm
AA Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 out of 4	6.00--7.30pm			5.30-6.30pm	6.45-7.45pm		1.30-2.30pm Water Polo 2.30-3.30pm
AAA Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool 4 out of 5						7.15-8.45am	
		5.15-6.45pm	6.15-7.15pm	6.30-7.30pm			4.00-6.00pm ASV
Landwork		6.45-7.45pm					
District Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool 5 out of 6			6.00-7.30am	6.00-7.30am		7.15-8.45am	
		5.15-6.45pm			5.45-7.15pm		4.00-6.00pm ASV
Landwork		6.45-7.45pm					
National Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool 6 out of 7	5.45-7.45am	5.45-7.45am ASV		5.45-7.45am	5.45-7.45am		
	5.45-7.45pm			5.30-7.30pm			3.30-5.30pm
Landwork							2.15-3.15pm
Performance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool 7 out of 8	5.45-7.45am ASV	5.45-7.45am		5.45-7.45am ASV	5.45-7.45am	5.45-8.45am ASV	
	5.45-7.45pm			5.30-7.30pm			3.30-5.30pm
Landwork							2.15-3.15pm
Masters/Junior Masters	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 out of 5	6.00-7.30am						9.30-10.30am
	7.45-8.45pm		7.15-8.45pm	7.30-8.30pm			
Water Polo					6.45-7.30pm 7.30-9.00pm ASV		1.30-2.30pm ISA
Associated Squads							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Junior Fitness	L3 7.45-8.45pm		L1 5.15-6.15pm			L2 4.00-5.00pm	
Lifesaving & Lifesaving Sport							5.30-6.30pm
French			7.15-8.15pm				
Cricket Swimmers							9.30-10.30am