

SEDSC Time Table

Slough & Eton Dolphin Swimming Club Training Times

Squad		Link	Competition	Bronze	Silver	Masters	Club Junior	Club Senior
Monday	Evening	5.30-6.30 Montem	6.00-7.00 Pool Montem	6.30 Land 7.00-8.30 Pool Montem	6.30-8.30 Pool Montem	8.30 to 9.30 Pool Montem	6.30-7.30 pm Pool Montem	7.30 - 8.30 pm Pool Montem
	Morning		6.00 to 7.30am Eton	6.00 to 7.30am Eton	6.00 to 7.30am Eton			
Tuesday	Evening	5.30-6.30 Montem	6.30 to 8.30 Montem	5.30-6.30 Land 6.30 to 8.30 Pool	5.30-6.30 Land 6.30 to 8.30 Pool			
	Morning					6.00 to 7.00am Eton		
Wednesday	Evening	7.00 -8.30 Pool Beechwood	7.00 -8.30 Pool Beechwood	7.00 -8.30 Pool Beechwood	Land Training 7.00 -8 Beechwood			
	Morning		6.00 to 7.30am Eton	6.00 to 7.30am Eton	6.00 to 7.30am Eton			
Thursday	Evening	6.00-7.00 Montem	6.00-7.00 Montem	7.00 to 8.30 Montem	7.00 to 8.30 Pool Montem			
	Morning		6.00 to 7.30am Eton	6.00 to 7.30am Eton	6.00 to 7.30am Eton			
Friday	Morning		6.00 to 7.30am Eton	6.00 to 7.30am Eton	6.00 to 7.30am Eton	6.00 to 7.30am Eton		
Saturday	Morning		7.30 to 8.30am Eton	6.30 to 8.30am Eton	6.30 to 8.30am Eton	6.00 to 8.00am Eton		
Sunday	Evening	2-3pm Beechwood	5.00-6.30pm Beechwood	5.00 - 6.30pm Beechwood	5.00 - 6.30pm Beechwood			

Masters swimmers are also welcome to train with the juniors any morning.
Youth squad must arrange training times with the head coach.