



## Sheffield City SC - Swim Timetable 2011

Day	Venue	Times	"A" Squad	"B" Squad	Club Masters	"C" Squad
Monday	Ponds Forge	19:00 to 20:30			1.50	1.50
Tuesday	Ponds Forge	18:00 to 19:00				1.00
	Ponds Forge	19:30 to 21:00	1.50	1.50 (4th Tuesday)		
	Heeley	20:00 to 21:30	1.50 (4th Tuesday)	1.50		
Wednesday	Ponds Forge	19:20 to 20:50	1.50	1.50		
Thursday	Ponds Forge	19:30 to 21:00	1.50	1.50		
	Ponds forge	19:30 to 20:30				1.00
	Heeley	20:00 to 21:00			1.00	
Friday	Heeley	19:30 to 20:30				1.00
	Heeley	20:30 to 21:30		1.00	1.00	
	Springs	19:00 to 21:00	2.00			
Saturday	Graves	16:00 to 17:00				1.00
	Graves	17:00 to 18:00			1.00	
	Heeley	17:00 to 19:00	2.00	2.00		
Sunday	Ponds Forge	07:30 to 09:00	N/A	N/A	N/A	N/A
	Heeley	15:00 to 16:00				1.00
	Heeley	16:00 to 17:00			1.00	
	Heeley	17:00 to 18:30	1.50	1.50		

 1st, 2nd, 3rd, 5th Tuesday of month at Ponds Forge, 4th Tuesday at Heeley

 1st, 2nd, 3rd, 5th Tuesday of month at Heeley 4th Tuesday at Ponds Forge

 For swimmers selected by Coaches

N/A = Not Available