

## Corby Training Schedule 2022

Monday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	Lessons	National 5-7pm			Public				
5.30pm									
6.00pm									
6.30pm									
7.00pm	Regional 7-9pm			Academy Silver 7-8pm					
7.30pm				County 8-9pm					
8.00pm									
8.30pm									
9pm									

Wednesday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	No Training								
5.30pm									
6.00pm									
6.30pm									
7.00pm									
7.30pm									
8.00pm									
8.30pm									
9pm									

Friday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	Lessons	National 5-7pm			Public				
5.30pm									
6.00pm									
6.30pm									
7.00pm	50m				Academy Gold 7-8pm				
7.30pm	Regional 7.30-9pm		County 7.30-9pm						
8.00pm	Public								
8.30pm									
9pm									

Saturday Corby													
	25m												
	L1	L2	L3	L4	L5	L6	L7	L8					
7.30am	National 7.30-9am			Regional 7.30-9am			Lessons						
8.00am													
8.30am													
9.00am	Public												
9.30am	Public												
10.00am	Public												

Tuesday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	Lessons	Academy Silver			Public				
5.30pm									
6.00pm		Regional 6.00-8.00p							
6.30pm									
7.00pm	County 8-9pm			Academy Bronze 7-8pm					
7.30pm				Academy Gold 8-9pm					
8.00pm									
8.30pm									
9pm									

Thursday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	Lessons	Academy Gold			Public				
5.30pm									
6.00pm		Regional 6.00-8.00p							
6.30pm									
7.00pm	County 8-9pm			Academy Bronze 7-8pm					
7.30pm				Public Ladies Swim					
8.00pm									
8.30pm									
9pm									

Summary		
Pooltime		
National	11.5 Hours	£95
Regional	11 Hours	£85
County	6.5 Hours	£75
Academy Gold	4 Hours	£65
Academy Silver	3 Hours	£55
Academy Bronze	2 Hours	£45
Masters	4 Hours	£55

Sunday Corby													
	50m												
	L1	L2	L3	L4	L5	L6	L7	L8					
5.30pm	National 5.30-7.30pm			Regional 5.30-7.30pm			County 5.30-7.30pm						
6.30pm													
7.00pm													
7.30pm	20m												
5.30pm	Academy Silver												
6.30pm	5.30-6.30pm												
6.30pm	Academy Gold												
7.30pm	6.30-7.30pm												

Tuesday Uppingham		
25m		
Whole pool		
5.00pm	National 5-7pm	
5.30pm		
6.00pm		
6.30pm		
7.00pm		

Thursday Uppingham		
25m		
Whole pool		
5.00pm	National 5-7pm	
5.30pm		
6.00pm		
6.30pm		
7.00pm		