

Corby Training Schedule

Monday Corby								
	50m				20M			
	L1	L2			L1	L2	L3	L4
6.00am	National 6-7:30am				N/a			
6.30am								
7.00am								
7.30am								
	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				County 7-8pm			
7.30pm					JAG 8-9pm			
8.00pm								
8.30pm								
9pm								

Wednesday Corby									
	50m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
6.00am	N/a				N/a				
6.30am									
7.00am									
7.30am									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	Tiny Crows								
5.30pm									
6.00pm	Tiny Crows								
6.30pm									
7.00pm									
7.30pm									
8.00pm									
8.30pm									
9pm									

Friday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
6.00am	N/a				N/a				
6.30am									
7.00am									
7.30am									
	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				AGE 7-8pm				
7.30pm	Regional 7.30-9pm		County 7.30-9pm						
8.00pm									
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	JAG 5-6pm			Public				
5.30pm									
6.00pm									
6.30pm									
7.00pm									
7.30pm	Regional 6.00-8.00p			Bronze 7-8pm					
8.00pm	County 8-9pm				AGE 8-9pm				
8.30pm	8-9pm				8-9pm				
9pm									

Thursday Corby								
	25m				20M			
	L1	L2	L3	L4	L1	L2	L3	L4
5.00pm	Lessons	AGE			Public			
5.30pm		5-6pm						
6.00pm		Regional 6.00-8.00p						
6.30pm								
7.00pm								
7.30pm				Bronze 7-8pm				
8.00pm	County				Public Ladies Swim			
8.30pm	8-9pm							
9pm								

Summary	
Pooltime	
National	13 Hours
Regional	11 Hours
County	6.5 Hours
AGE	4 Hours
JAG	3 Hours
Academy Bronze	2 Hours
Tiny Crows	45 Minutes

Sunday Corby									
50m									
	L1	L2	L3	L4	L5	L6	L7	L8	L9
5.30pm	Regional 5.30-7.30pm		National 5.30-7.30pm			County 5.30-7.30pm			
6.30pm									
7.00pm									
7.30pm									
	20m								
5.30pm	JAG 5.30-6.30pm								
6.30pm									
6.30pm									
7.30pm	AGE 6.30-7.30pm								

Tuesday Uppingham	
25m	
Whole pool	
5.30pm	National 5:30-7:30pm
6.00pm	
6.30pm	
7.00pm	
7.30pm	

Thursday Uppingham	
25m	
Whole pool	
5.30pm	National 5:30-7:30pm
6.00pm	
6.30pm	
7.00pm	
7.30pm	