

**SATELLITES of MACCLESFIELD**  
**Swimming Club**  
**Affiliated to ASA NWR**



**SQUAD TRAINING HOURS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL HOURS
<b>PERFORMANCE</b>							
6.30-7.15pm TRACK 7.30-9.30pm		6.30-8am  7-9pm	6.30-8pm	6.30-8am  6.30-7.15pm GYM 7.30-9.30pm	8-10am	8-10am 10.15-11am LAND  Manchester: 6.30-8.30pm	16.5 POOL  2.25 LAND
<b>PERFORMANCE DEVELOPMENT</b>							
6.30-7.15pm TRACK 7.30-9.30pm		6.30-8am or Fri  7-9pm	6.30-8pm	6.30-8am or Wed  6.30-7.15pm LAND 7.30-9.30pm	8-10am	Manchester: 6.30-8.30pm	13 POOL  1.5 LAND
<b>COMPETITION SQUAD 1</b>							
6.30-7.15pm TRACK 7.30-9.30pm		6.30-8am  7-9pm	6.30-8pm	6.30-7.15pm GYM 7.30-9.30pm		8-10am 10.15-11am LAND	11 POOL  2.25 LAND
<b>COMPETITION SQUAD 2</b>							
6.30-7.15pm TRACK		7-9pm		6.30-8am  7.45-8.15pm LAND 8.30-9.30pm		8-10am	7 POOL  0.5 LAND
<b>JUNIOR DEVELOPMENT 4 HOURS</b>							
7.30-8.30pm				6.30-7.30pm 7.45-8.15pm LAND	8-10am		2-4 POOL  0.5 LAND
<b>JUNIOR DEVELOPMENT 2 HOURS</b>							
7.30-8.30pm				6.30-7.30pm 7.45-8.15pm LAND			2 POOL
<b>COMPETITIVE DEVELOPMENT / STAGE 8</b>							
						9-10am	1 POOL