



# Forres Bluefins Swimming Club

## Training Times

SQUAD	DAY	SESSION TIME	COACH
PUPS	Tue	4 - 5pm	Alan Thomson / Heather Powell
PUPS	Sun	1 - 2pm	Alan Thomson / Heather Powell
SEALS	Tue	6 - 7pm	Karen McBeath
SEALS	Wed	5 - 6pm	Karen McBeath
SEALS	Sun	2 - 3pm	Grant Wright
Over 10's	Thu	6.30 - 7.30pm	Land Training
SHARKS	Mon	5 - 6.30pm	Alan Thomson
SHARKS	Tue	6.45 - 8.15am	Jayne Prosser
SHARKS	Tue	5 - 6pm	Alan Thomson
SHARKS	Wed	6.15 - 8.15am	Alan Thomson / Jayne Prosser
SHARKS	Thu	5 - 6pm	Alan Thomson
SHARKS	Fri	6.45 - 8.15am	Jayne Prosser
SHARKS	Sat	1 - 3pm	Karen McBeath
Invited Sharks	Sun	7.45 - 9.15am	Jayne Prosser
SHARKS	Sun	3 - 5pm	Grant Wright
MASTERS	Sat	7.45 - 8.45 am	
MASTERS	Sun	7.45 - 9.15 am	

Valid from January 2018