



Ilkeston Swimming Club

Timetable as of 7th February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>Land Training</u> 6pm - 6:50pm</p> <p><u>Swim</u> 7pm - 8pm</p> <p>Junior Elite</p> <p>National Potential</p> <p>National</p>	<p>7pm - 9pm</p> <p>Junior Elite</p> <p>National Potential</p> <p>National</p>	<p>7pm - 9pm</p> <p>Midland Potential</p> <p>Masters</p>	<p>7pm - 9pm</p> <p>Junior Elite</p> <p>National Potential</p> <p>National</p>	<p>OFF</p> <p>All Squads</p>	<p>7:30am - 9:30am</p> <p>Junior Elite</p> <p>National Potential</p> <p>National</p>	<p>2pm - 3pm</p> <p>Foundation</p> <p>Development</p>
<p><u>Land Training</u> 7pm - 7:50pm</p> <p><u>Swim</u> 8pm - 9pm</p> <p>Midland Potential</p> <p>Masters</p>						<p>3pm - 5pm</p> <p>Midland Potential</p> <p>Masters</p>