



Ilkeston Swimming Club

Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>County</p> <p>Regional</p> <p>Swim 7pm - 8pm</p> <p>Gym 8pm - 9pm</p>	<p>Development</p> <p>7pm - 8pm</p>	<p>Junior</p> <p>Masters & Fitness</p> <p>7pm - 9pm</p>	<p>Junior Step-Up</p> <p>County</p> <p>Regional</p> <p>7pm - 9pm</p>	<p>OFF</p> <p>All Squads</p>	<p>Junior Step-Up</p> <p>County</p> <p>Regional</p> <p>7:30am - 9:30am</p>	<p>Academy</p> <p>Development</p> <p>2pm - 3pm</p>
<p>Development Step-Up</p> <p>Junior</p> <p>Masters & Fitness</p> <p>Gym 7pm - 8pm</p> <p>Swim 8pm - 9pm</p>	<p>County</p> <p>Regional</p> <p>7pm - 9pm</p>		<p>Junior</p> <p>Masters & Fitness</p> <p>3pm - 5pm</p>			