



Workington ASC



email: workingtonasc@outlook.com

www.workingtonasc.com

Head Coaches: Adam Lace

Squad Fees & Training Timetable - Workington New Leisure Centre

Squad Coach

Senior coaches

P	£45	Monday	6:00 PM	to	8:00 PM	Lane 4	
		Tuesday	6:30 AM	to	8:00 AM	Lane 1/2	
			6:00 PM	to	8:00 PM	Lane 6	
		Wednesday	6:00 PM	to	8:00 PM	Lane 5/6	
		Thursday	6:30 AM	to	8:00 AM	Lane 1/2	
		Friday	6:00 PM	to	8:00 PM	Lane 5	
		Saturday	8:30 AM	to	10:30 AM	Mixed Lanes	
		Sunday	11:00 AM	to	12:00 PM	Studio 1	Land Training +£3
		Sunday	2:00 PM	to	4:00 PM	Lane 6	
A	£44	Monday	6:00 PM	to	8:00 PM	Lane 3	Senior coaches
		Tuesday	6:00 PM	to	8:00 PM	Lane 5	
		Wednesday	6:00 PM	to	8:00 PM	Lane 4	
		Thursday	6:30 AM	to	8:00 AM	Lane 1/2	
		Friday	6:00 PM	to	8:00 PM	Lane 4	
		Saturday	8:30 AM	to	10:30 AM	Mixed Lanes	
			11:00 AM	to	12:00 PM	Studio 1	Land Training +£3
		Sunday	2:00 PM	to	4:00 PM	Lane 5	
B	£43	Monday	7:00 PM	to	8:00 PM	Lane 2	Senior coaches
		Tuesday	6:30 AM	to	8:00 AM	Lane 1/2	
			6:00 PM	to	8:00 PM	Lane 4	
		Wednesday	6:00 PM	to	8:00 PM	Lane 3	
		Friday	6:00 PM	to	8:00 PM	Lane 3	
		Saturday	8:30 AM	to	10:30 AM	Mixed Lanes	
			11:00 AM	to	12:00 PM	Studio 1	Land Training +£3
		Sunday	2:00 PM	to	4:00 PM	Lane 4	
C	£42	Monday	7:00 PM	to	8:00 PM	Lane 1	Senior coaches
		Tuesday	6:00 PM	to	8:00 PM	Lane 7	
		Wednesday	7:00 PM	to	8:00 PM	Lane 8	
		Friday	6:00 PM	to	8:00 PM	Lane 2	
		Saturday	8:30 AM	to	10:30 AM	Mixed Lanes	
		Sunday	2:00 PM	to	4:00 PM	Lane 7	
			4:00 PM	to	5:00 PM	Studio 1	Land Training +£3
D	£40	Tuesday	6:00 PM	to	8:00 PM	Lane 8	Senior coaches
		Wednesday	7:00 PM	to	8:00 PM	Lane 7	
		Friday	6:00 PM	to	8:00 PM	Lane 7	
		Sunday	2:00 PM	to	4:00 PM	Lane 8	
			4:00 PM	to	5:00 PM	Studio 1	Land Training +£3
E	£38	Monday	7:00 PM	to	8:00 PM	Lane 6	Kate
		Tuesday	6:00 PM	to	7:00 PM	Lane 2	
		Friday	6:00 PM	to	8:00 PM	Lane 8	
		Sunday	2:00 PM	to	4:00 PM	Lane 8	NEW
		Sunday	4:00 PM	to	5:00 PM	Studio 1	Land Training +£3
F	£32	Monday	7:00 PM	to	8:00 PM	Lane 7/8	Jackie - Shaun
		Wednesday	6:00 PM	to	7:00 PM	Lane 7/8	
		Friday	7:00 PM	to	8:00 PM	Lane 1/2	NEW
		Sunday	4:00 PM	to	5:00 PM	Studio 1	Land Training +£3
G	£29	Monday	6:00 PM	to	7:00 PM	Lane 2	Nicola - Jackie
		Wednesday	6:00 PM	to	7:00 PM	Lane 1	NEW
T (Tri-distance)	£38	Tuesday	6:00 PM	to	8:00 PM	Lane 3	Ronney M.
		Wednesday	6:00 PM	to	8:00 PM	Lane 3	
		Friday	6:00 PM	to	7:00 PM	Lane 6	
Masters Competitive		Monday	7:00 PM	to	8:00 PM	Lane 5	
	Tuesday	7:00 PM	to	8:00 PM	Lane 2		
	Wednesday	7:00 PM	to	8:00 PM	Lane 2		
	Friday	7:00 PM	to	8:00 PM	Lane 1		
	Sunday	2:00 PM	to	4:00 PM	Lane 1	Double session	
Masters Intermediate		Tuesday	7:00 PM	to	8:00 PM	Lane 1	
	Wednesday	7:00 PM	to	8:00 PM	Lane 2		
	Sunday	3:00 PM	to	4:00 PM	Lane 2		
Junior Dev	£28	Monday	6:00 PM	to	6:45 PM	Lane 1	Holly
		Wednesday	6:00 PM	to	6:45 PM	Lane 2	
CLTS 6		Wednesday	6:45 PM	to	7:30 PM	Lane 1	Tracey/Alison
CLTS 5	£25	Friday	6:30 PM	to	7:00 PM	Lane 1	
		Wednesday	6:00 PM	to	6:45 PM	Lane 1	
CLTS 3 & 4 CLTS 1 & 2	£20	Friday	6:00 PM	to	6:30 PM	Lane 1	
		Friday	7:30 PM	to	8:00 PM	Little pool	
		Friday	7:00 PM	to	7:30 PM	Little pool	

(£33 ASA fees if WASC first club and competing swimmer, if non-competing swimmer £17)