



# Workington ASC



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[www.workingtonasc.com](http://www.workingtonasc.com)

Head Coaches: Adam Lace

## Squad Fees & Training Timetable - Workington New Leisure Centre

							Squad Coach
A	£49.00	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	
		Friday	6:00 PM	to	8:00 PM	Lane 4	
		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 5	
B	£47.00	Monday	7:00 PM	to	8:00 PM	Lane 2	Senior coaches
		Tuesday	6:30 AM	to	8:00 AM	Lane 1	
			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	
		Sunday	11:00 AM	to	12:00 PM	Studio 1 Land Training +£3	
		Sunday	2:00 PM	to	4:00 PM	Lane 4	
C	£45.00	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 7	
		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	
				Sunday	4:00 PM	to	
D	£43.00	Tuesday	6:00 PM	to	8:00 PM	Lane 7	Senior coaches
		Wednesday	7:00 PM	to	8:00 PM	Lane 8	
		Friday	6:00 PM	to	8:00 PM	Lane 7	
		Sunday	2:00 PM	to	4:00 PM	Lane 7	
				Sunday	4:00 PM	to	
E	£41.00	Monday	7:00 PM	to	8:00 PM	Lane 6	Kate
		Tuesday	6:00 PM	to	7:00 PM	Lane 8	
		Friday	6:00 PM	to	8:00 PM	Lane 8	
		Sunday	2:00 PM	to	4:00 PM	Lane 8	
				Sunday	4:00 PM	to	
F	£34.50	Monday	7:00 PM	to	8:00 PM	Lane 7/8	Jackie - Shaun
		Wednesday	6:00 PM	to	7:00 PM	Lane 6/7	
		Friday	7:00 PM	to	8:00 PM	Lane 1/2	
		Sunday	4:00 PM	to	5:00 PM	Studio 1 Land Training +£3	
G	£33.00	Monday	6:00 PM	to	7:00 PM	Lane 2	Nicola - Jackie
		Wednesday	6:00 PM	to	7:00 PM	Lane 8	
Technique	£68.00	Tuesday	6:00 PM	to	8:00 PM	Lane 3	Mark Newby
Masters	£30.00 for 10 swims	Monday	7:00 PM	to	8:00 PM	Lane 5	Double session
		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	
Junior Dev	£30.00	Monday	6:00 PM	to	6:45 PM	Lane 1	Holly/Nicola
		Wednesday	6:00 PM	to	6:45 PM	Lane 2	
CLTS 6	£26.50	Wednesday	6:45 PM	to	7:30 PM	Lane 1	Jocelyn/Alison
Friday		6:30 PM	to	7:00 PM	Lane 1		
CLTS 5	£21.00	Wednesday	6:00 PM	to	6:45 PM	Lane 1	
Friday		6:00 PM	to	6:30 PM	Lane 1		
Friday		7:30 PM	to	8:00 PM	Little pool		
CLTS 3 & 4	£21.00	Friday	7:30 PM	to	8:00 PM	Little pool	
Friday		7:00 PM	to	7:30 PM	Little pool		

(£38 SwimEngland fees if WASC first club and competing swimmer, if non-competing swimmer £19)