



# 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

A	£49.00	Monday	6:30 PM	to	8:30 PM	Lane 4	
		Tuesday	6:30 PM	to	8:30 PM	Lane 4	
		Wednesday	6:30 PM	to	8:30 PM	Lane 4	
		Thursday	6:30 PM	to	8:30 PM	Lane 4	
		Friday	6:30 AM	to	7:30 AM		Morning
		Saturday		to			Day Off
		Sunday	8:00 AM	to	10:00 AM	Lane 4	
			4:00 PM	to	4:45 PM	Zoom	Land Training
B	£47.00	Monday	7:30 PM	to	8:30 PM	Lane 3	
		Tuesday	6:30 PM	to	8:30 PM	Lane 2	
		Wednesday	6:30 PM	to	8:30 PM	Lane 2	
		Thursday	6:30 PM	to	8:30 PM	Lane 6	
		Friday	6:30 AM	to	7:30 AM		Morning
		Saturday		to			Day Off
		Sunday	8:00 AM	to	10:00 AM	Lane 2	
			4:00 PM	to	4:45 PM	Zoom	Land Training
C	£45.00	Monday	6:30 PM	to	7:30 PM	Lane 3	
		Tuesday	6:30 PM	to	8:30 PM	Lane 3	
		Wednesday	7:30 PM	to	8:30 PM	Lane 3	
		Thursday	6:30 PM	to	8:30 PM	Lane 3	
		Friday	6:30 AM	to	7:30 AM		Morning
		Saturday		to			Day Off
		Sunday	8:00 AM	to	10:00 AM	Lane 3	
			4:00 PM	to	4:45 PM	Zoom	Land Training
D	£43.00	Tuesday	6:30 PM	to	8:30 PM	Lane 1	
		Wednesday	7:30 PM	to	8:30 PM	Lane 1	
		Thursday	6:30 PM	to	8:30 PM	Lane 5	
		Sunday	8:00 AM	to	10:00 AM	Lane 5	
			4:00 PM	to	4:45 PM	Zoom	Land Training
E	£41.00	Tuesday	7:30 PM	to	8:30 PM	Lane 6	
		Wednesday	6:30 PM	to	7:30 PM	Lane 3	
		Thursday	6:30 PM	to	8:30 PM	Lane 7	
		Sunday	8:00 AM	to	10:00 AM	Lane 3	
			4:00 PM	to	4:45 PM	Zoom	Land Training
F	£34.50	Tuesday	7:30 PM	to	8:30 PM	Lane 7	
		Wednesday	6:30 PM	to	7:30 PM	Lane 1	
		Sunday	8:00 AM	to	10:00 AM	Lane 7	
			4:00 PM	to	4:45 PM	Zoom	Land Training
G	£33.00	Tuesday	7:30 PM	to	8:30 PM		No Pool time
		Thursday	6:30 PM	to	7:30 PM		No Pool time
		Sunday	4:00 PM	to	4:45 PM	Zoom	Land Training
Masters	£25.00	Tuesday	7:30 PM	to	8:30 PM	Lane 8	
		Thursday	7:30 PM	to	8:30 PM	Lane 8	
Junior Dev	£30.00	Tuesday	7:30 PM	to	8:30 PM	Lane 5	
		Thursday	6:30 PM	to	7:30 PM	Lane 8	

(£35 SwimEngland fees if WASC first club and competing swimmer, if non-competing swimmer £20)