



Workington ASC



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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	
		Saturday				to	Day Off including Land
		Sunday	8:00 AM	to	10:00 AM	Lane 4	
				5:15 PM	to	5:45 PM	Zoom Land Training (Sun - Fri)
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	
		Saturday				to	Day Off including Land
		Sunday	8:00 AM	to	10:00 AM	Lane 2	
		Daily		5:15 PM	to	5:45 PM	Zoom Land Training (Sun - Fri)
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	
		Saturday				to	Day Off including Land
		Sunday	8:00 AM	to	10:00 AM	Lane 3	
		Daily		5:15 PM	to	5:45 PM	Zoom Land Training (Sun - Fri)
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	
		Daily		5:15 PM	to	5:45 PM	Zoom Land Training (Sun - Fri)
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	
		Daily		5:15 PM	to	5:45 PM	Zoom Land Training (Sun - Fri)
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	
		Daily		5:15 PM	to	5:45 PM	Zoom Land Training (Sun - Fri)
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	
		Daily		5:15 PM	to	5:45 PM	Zoom Land Training (Sun - Fri)
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	
		Daily		5:15 PM	to	5:45 PM	Zoom Land Training (Sun - Fri)

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