



Sessions at the **Neptune Centre** unless stated otherwise (**R** indicates Rainbow Centre)

Please contact the squad coach or team manager on the emails below or email [committee@middlesbroughasc.org.uk](mailto:committee@middlesbroughasc.org.uk) if you have any questions.

NATIONAL SQUAD			POTENTIAL SQUAD			PERFORMANCE SQUAD		
<a href="mailto:nationalteammanager@middlesbroughasc.org.uk">nationalteammanager@middlesbroughasc.org.uk</a>			<a href="mailto:potentialteammanager@middlesbroughasc.org.uk">potentialteammanager@middlesbroughasc.org.uk</a>			<a href="mailto:performanceteammanager@middlesbroughasc.org.uk">performanceteammanager@middlesbroughasc.org.uk</a>		
<a href="mailto:Headcoach@middlesbroughasc.org.uk">Headcoach@middlesbroughasc.org.uk</a>			<a href="mailto:potentialsquadcoach@middlesbroughasc.org.uk">potentialsquadcoach@middlesbroughasc.org.uk</a>			<a href="mailto:performancesquadcoach@middlesbroughasc.org.uk">performancesquadcoach@middlesbroughasc.org.uk</a>		
DAY	AM	PM	DAY	AM	PM	Day	AM	PM
Monday	5:50 - 7:20	6:00 - 8:00	Monday		R 7:00 - 8:00	Monday	5:50 - 7:20	7:15 - 9:00
Tuesday	5:50 - 7:20	6:00 - 8:00	Tuesday	5:50 - 7:20	6:00 - 8:00	Tuesday		R 6:30 - 8:00
Wednesday		6:15 - 8:00	Wednesday		R 6:30 - 8:00	Wednesday		7:00 - 8:30
Thursday	5:50 - 7:20	7:00 - 9:00	Thursday	5:50 - 7:20	6:00 - 8:00	Thursday		
Friday		6:15 - 8:00	Friday		6:00 - 7:30	Friday	5:50 - 7:20	7:30 - 9:00
Saturday	6:30 - 8:30		Saturday			Saturday		
Sunday			Sunday		3:30 - 5:30	Sunday		3:30 - 5:30

Middlesbrough Amateur Swimming Club 2021/22 Timetable (subject to change)

JUNIOR DEVELOPMENT SQUAD			MASTERS SQUAD			ACADEMY		BRIDGERS
<a href="mailto:jdteammanager@middlesbroughasc.org.uk">jdteammanager@middlesbroughasc.org.uk</a>			<a href="mailto:mastersteammanager@middlesbroughasc.org.uk">mastersteammanager@middlesbroughasc.org.uk</a>			<a href="mailto:academyteammanager@middlesbroughasc.org.uk">academyteammanager@middlesbroughasc.org.uk</a>		
<a href="mailto:jdsquadcoach@middlesbroughasc.org.uk">jdsquadcoach@middlesbroughasc.org.uk</a>			<a href="mailto:masterssquadcoach@middlesbroughasc.org.uk">masterssquadcoach@middlesbroughasc.org.uk</a>			<a href="mailto:Academysquadcoach@middlesbroughasc.org.uk">Academysquadcoach@middlesbroughasc.org.uk</a>		
DAY	AM	PM	DAY	AM	PM	DAY	PM	PM
Monday		JD1 4:30 - 6:00	Monday		R 7:00 - 8:00	Monday		
Tuesday		JD2 4:30 - 6:00	Tuesday		8:00 - 9:00	Tuesday		
Wednesday		6:00 - 7:00	Wednesday		5:00 - 6:15	Wednesday		
Thursday		5:30 - 7:00	Thursday			Thursday		4:30 - 5:30
Friday		JD1 4:30 - 6:30 JD2 5:30 - 6:30	Friday		7:30 - 9:00	Friday		
Saturday			Saturday	6:30 - 8:30 OR 7:30 - 8:30		Saturday		
Sunday		2:00 - 3:30	Sunday		2:00 - 3:30	Sunday	1:00 - 2:00	12:00 - 1:00