

# BOGNOR REGIS SWIMMING CLUB

New squad time table starting Monday 4th September 2017

## CLUB NIGHT

	<b>SQUAD FEE</b>	<b>MONDAY</b> <i>5pm - 8.30pm</i>	<b>TUESDAY</b> <i>6.30pm - 9pm</i>	<b>WEDNESDAY</b> <i>5pm - 7pm</i>	<b>THURSDAY</b> <i>5pm - 7.45pm</i>	<b>FRIDAY</b> <i>6.45pm - 8.45pm</i>	<b>TOTAL</b>
<b>MINNOWS</b>	<b>£23.00</b>			5pm - 6pm		6.45pm - 7.45pm	2 hrs
<b>SEAHORSES</b>	<b>£31.00</b>	6pm - 7pm		5pm - 6pm		6.45pm - 8.15pm	3.25hrs
<b>DOLPHINS</b>	<b>£40.00</b>	5pm - 6.30pm	6.30pm - 8pm	6pm - 7pm	5pm - 6pm		5 hrs
<b>BARRACUDAS</b>	<b>£55.00</b>	6.30pm - 8.30pm	6.30pm - 8.30pm	6pm - 7pm	6pm - 7.45pm	6.45pm - 8.45pm	8.75 hrs
<b>MARLINS</b>	<b>£60.00</b>	6.30pm - 8.30pm	6.30pm - 9pm	6pm - 7pm	6pm - 7.45pm	6.45pm - 8.45pm	9.25 hrs
<b>MASTERS*</b>	<b>£25.00</b>	6.30pm - 8.30pm	8pm - 9pm		6pm-7.45pm		3 hrs

\*Masters swim a total of 3 hours at sessions of their choice

All swimmers should arrive 10-15 minutes before their session is due to start so they can carry out pre-pool mobility exercises