

RUTHIN SWIMMING CLUB

ALTERNATIVE SWIMMING AVAILABILITY AT DENBIGH OR CORWEN

	MONDAY		TUESDAY		WEDNESDAY			THURDAY		FRIDAY		SATURDAY		SUNDAY		
	DENBIGH	CORWEN	DENBIGH	CORWEN	DENBIGH	CORWEN		DENBIGH	CORWEN	DENBIGH	CORWEN	DENBIGH	CORWEN	DENBIGH	CORWEN	
Morning			06:30 - 07.45				Morning									Morning
			SILVER & GOLD													
15:00							15:00								15:00 - 16:00	15:00
15:15							15:15								BLUE & WHITE	15:15
15:30							15:30									15:30
15:45							15:45									15:45
16:00							16:00			RUTHIN				16:00 - 18:00	16:00	
16:15							16:15			4-5pm				RED	16:15	
16:30							16:30			Open to all				SILVER	16:30	
16:30							16:30			Land				GOLD	16:30	
16:45							16:45			Training					16:45	
17:00				5:00-6:15 1.25hrs			17:00	5:00-6:00 1hr								17:00
17:15				BLUE & WHITE			17:15	BLUE & WHITE								17:15
17:30	17:30 - 18:30		17:30 - 19:00				17:30				17:30 - 19:00					17:30
17:45	SILVER & GOLD		SILVER & GOLD				17:45				BLUE & WHITE					17:45
18:00							18:00	6:00-8:00 2hrs								18:00
18:15				6:15-8:00 1.75hrs			18:15	RED								18:15
18:30		18:15 - 19:45		RED			18:30	SILVER			18:30 - 20:30					18:30
18:45		RED					18:45	GOLD			RED					18:45
19:00							19:00				SILVER					19:00
19:15							19:15				GOLD					19:15
19:30							19:30									19:30
19:45							19:45									19:45
20:00							20:00									20:00
20:15							20:15									20:15
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21:00							21:00									21:00
21:15							21:15									21:15
21:30							21:30									21:30
	DENBIGH	CORWEN	DENBIGH	CORWEN	DENBIGH	CORWEN		DENBIGH	CORWEN	DENBIGH	CORWEN	DENBIGH	CORWEN	DENBIGH	CORWEN	
	MONDAY		TUESDAY		WEDNESDAY			THURDAY		FRIDAY		SATURDAY		SUNDAY		