



Workington ASC

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www.workingtonasc.com

Head Coach: Shaun Winstanley



Squad Fees & Training Timetable - Workington New Leisure Centre

| | | | | | | | | |
|------------|--------|-----------|---------|---------|----------|------------------------------|---------------------------|-------|
| A | £49.00 | Monday | 6:30 PM | to | 8:30 PM | Lane 3 | Morning | 13:30 |
| | | Tuesday | 6:30 PM | to | 8:30 PM | Lane 4 | | |
| | | Wednesday | 6:30 PM | to | 8:30 PM | Lane 3 | | |
| | | Thursday | 6:30 PM | to | 8:30 PM | Lane 8 | | |
| | | Friday | 6:00 AM | to | 7:30 AM | | | |
| | | Saturday | 8:00 AM | to | 10:00 AM | Lane 3 | | |
| | | Sunday | 8:00 AM | to | 10:00 AM | Lane 3 | | |
| | | | 5:15 PM | to | 5:45 PM | Zoom | | |
| B | £47.00 | Monday | 6:30 PM | to | 7:30 PM | Lane 4 | Morning | 12:30 |
| | | Tuesday | 6:30 PM | to | 8:30 PM | Lane 3/4 (Faster in 4) | | |
| | | Wednesday | 6:30 PM | to | 8:30 PM | Lane 2 | | |
| | | Thursday | 6:30 PM | to | 8:30 PM | Lane 7/8 (Faster in 8) | | |
| | | Friday | 6:00 AM | to | 7:30 AM | | | |
| | | Saturday | 8:00 AM | to | 10:00 AM | Lane 4 | | |
| | | Sunday | 8:00 AM | to | 10:00 AM | Lane 2 | | |
| | | Daily | 5:15 PM | to | 5:45 PM | Zoom | | |
| C | £45.00 | Monday | 7:30 PM | to | 8:30 PM | Lane 4 | Morning | 11:30 |
| | | Tuesday | 6:30 PM | to | 8:30 PM | Lane 2/3 (Faster in 3) | | |
| | | Wednesday | 7:30 PM | to | 8:30 PM | Lane 2 | | |
| | | Thursday | 6:30 PM | to | 8:30 PM | Lane 6/7 (Faster in 7) | | |
| | | Friday | 6:00 AM | to | 7:30 AM | | | |
| | | Saturday | 8:00 AM | to | 10:00 AM | Lane 2 | | |
| | | Sunday | 8:00 AM | to | 10:00 AM | Lane 2 | | |
| | | Daily | 5:15 PM | to | 5:45 PM | Zoom | | |
| D | £43.00 | Tuesday | 6:30 PM | to | 8:30 PM | Lane 2 | Morning | 10:30 |
| | | Wednesday | 7:30 PM | to | 8:30 PM | Lane 3 | | |
| | | Thursday | 6:30 PM | to | 8:30 PM | Lane 5/6 (Faster 6) | | |
| | | Friday | 6:00 AM | to | 7:30 AM | | | |
| | | Saturday | 8:00 AM | to | 10:00 AM | Lane 2 | | |
| | | Sunday | 8:00 AM | to | 10:00 AM | Lane 2 | | |
| | | Daily | 5:15 PM | to | 5:45 PM | Zoom | Land Training (Sun - Fri) | |
| E | £41.00 | Tuesday | 6:30 PM | to | 7:30 PM | Lane 1 | Morning | 09:30 |
| | | Wednesday | 6:30 PM | to | 7:30 PM | Lane 2 | | |
| | | Thursday | 6:30 PM | to | 8:30 PM | Lane 5 | | |
| | | Friday | 6:00 AM | to | 7:30 AM | | | |
| | | Saturday | 8:00 AM | to | 10:00 AM | by invite only | | |
| | | Sunday | 8:00 AM | to | 10:00 AM | Lane 1 | | |
| | | 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 8 | | 05:00 |
| | | Wednesday | 6:30 PM | to | 7:30 PM | Lane 1 | | |
| | | Thursday | 6:30 PM | to | 7:30 PM | Lane 4 | | |
| | | Sunday | 8:00 AM | to | 10:00 AM | Lane 1 | | |
| | | 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 | 02:00 |
| | | Wednesday | 6:30 PM | to | 7:30 PM | | No Pool time | |
| | | Daily | 5:15 PM | to | 5:45 PM | Zoom | Land Training (Sun - Fri) | |
| Junior Dev | £30.00 | Tuesday | 7:30 PM | to | 8:30 PM | Lane 1 | | 02:00 |
| | | Thursday | 6:30 PM | to | 7:30 PM | Lane 3 | | |
| | | 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 7, 6 & 5 (slowest in 7) | | 04:00 |
| | | Thursday | 7:30 PM | to | 8:30 PM | Lane 2, 3 & 4 (slowest in 2) | | |
| | | Sunday | 8:00 AM | to | 10:00 AM | Lane 5 | | |
| CoLTS 3 | £26.50 | Monday | 7:15 PM | to | 8:00 PM | Lane 1 | | 00:45 |
| Thursday | | 7:15 PM | to | 8:00 PM | Lane 1 | | 00:45 | |
| CoLTS 2 | £21.00 | Monday | 6:30 PM | to | 7:15 PM | Lane 2 | | 00:45 |
| Thursday | | 6:30 PM | to | 7:15 PM | Lane 2 | | 00:45 | |
| CoLTS 1 | £21.00 | Monday | 6:30 PM | to | 7:15 PM | Lane 1 | | 00:45 |
| Thursday | | 6:30 PM | to | 7:15 PM | Lane 1 | | 00:45 | |

(£40 SwimEngland fees if WASC first club and competing swimmer, if non-competing swimmer £20)