



Workington ASC

email: workingtonasc@outlook.com

www.workingtonasc.com

Head Coach: Shaun Winstanley



Squad Fees & Training Timetable - Workington New Leisure Centre

A	£49.00	Monday	6:20 PM	to	8:30 PM	Lane 3	Morning	13:00
		Tuesday	6:20 PM	to	8:30 PM	Lane 4		
		Wednesday	6:20 PM	to	8:30 PM	Lane 3		
		Thursday	6:20 PM	to	8:30 PM	Lane 8		
		Friday	6:00 AM	to	7:30 AM			
		Saturday	7:50 AM	to	10:00 AM	Lane 3		
		Sunday	7:50 AM	to	10:00 AM	Lane 3		
			5:15 PM	to	5:45 PM	Zoom		
B	£47.00	Monday	6:20 PM	to	7:30 PM	Lane 4	Morning	10:30
		Tuesday	6:20 PM	to	8:30 PM	Lane 3/4 (Faster in 4)		
		Wednesday	6:20 PM	to	8:30 PM	Lane 2		
		Thursday	6:20 PM	to	8:30 PM	Lane 7/8 (Faster in 8)		
		Friday	6:00 AM	to	7:30 AM			
		Saturday	7:50 AM	to	10:00 AM	Lane 4		
		Sunday	7:50 AM	to	10:00 AM	Lane 2		
		Daily	5:15 PM	to	5:45 PM	Zoom		
C	£45.00	Monday	7:20 PM	to	8:30 PM	Lane 4	Morning	11:00
		Tuesday	6:20 PM	to	8:30 PM	Lane 2/3 (Faster in 3)		
		Wednesday	7:20 PM	to	8:30 PM	Lane 2		
		Thursday	6:20 PM	to	8:30 PM	Lane 6/7 (Faster in 7)		
		Friday	6:00 AM	to	7:30 AM			
		Saturday	7:50 AM	to	10:00 AM	Lane 2		
		Sunday	7:50 AM	to	10:00 AM	Lane 2		
		Daily	5:15 PM	to	5:45 PM	Zoom		
D	£43.00	Tuesday	6:20 PM	to	8:30 PM	Lane 2	Morning	09:50
		Wednesday	7:20 PM	to	8:30 PM	Lane 3		
		Thursday	6:20 PM	to	8:30 PM	Lane 5/6 (Faster 6)		
		Friday	6:00 AM	to	7:30 AM			
		Saturday	7:50 AM	to	10:00 AM	Lane 2		
		Sunday	7:50 AM	to	10:00 AM	Lane 2		
		Daily	5:15 PM	to	5:45 PM	Zoom	Land Training (Mon, Wed & Fri)	
E	£41.00	Tuesday	6:20 PM	to	7:30 PM	Lane 1	Morning	08:50
		Wednesday	6:20 PM	to	7:30 PM	Lane 2		
		Thursday	6:20 PM	to	8:30 PM	Lane 5		
		Friday	6:00 AM	to	7:30 AM			
		Saturday	7:50 AM	to	10:00 AM	by invite only		
		Sunday	7:50 AM	to	10:00 AM	Lane 1		
		Daily	5:15 PM	to	5:45 PM	Zoom	Land Training (Mon, Wed & Fri)	
F	£34.50	Tuesday	7:20 PM	to	8:30 PM	Lane 8		04:10
		Wednesday	6:20 PM	to	7:30 PM	Lane 1		
		Thursday	6:20 PM	to	7:30 PM	Lane 4		
		Sunday	7:50 AM	to	10:00 AM	Lane 1		
		Daily	5:15 PM	to	5:45 PM	Zoom	Land Training (Mon, Wed & Fri)	
G	£33.00	Tuesday	7:20 PM	to	8:30 PM		No Pool time	00:50
		Wednesday	6:20 PM	to	7:30 PM		No Pool time	
		Daily	5:15 PM	to	5:45 PM	Zoom	Land Training (Mon, Wed & Fri)	
Junior Dev	£30.00	Tuesday	7:20 PM	to	8:30 PM	Lane 1		00:50
		Thursday	6:20 PM	to	7:30 PM	Lane 3		
		Sunday	7:50 AM	to	10:00 AM			
		Daily	5:15 PM	to	5:45 PM	Zoom	Land Training (Mon, Wed & Fri)	
Masters	£25.00	Tuesday	7:30 PM	to	8:30 PM	Lane 7, 6 & 8 (slowest in 6)		04:00
		Thursday	7:30 PM	to	8:30 PM	Lane 3 & 4 (slowest in 3)		
		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	

(£43 SwimEngland fees if WASC first club and competing swimmer, if non-competing swimmer £20)