



# Winter Timetable

Active fun for everyone - jump in & try something new!

Please note: this is an overview and sessions are not guaranteed

|                                                                                     | <br>PADDLESPTS                                                       | <br>SWIMMING                                                                                                                         | <br>WINDSURFING<br>& SAILING | <br>TRIATHLON | <br>RUNNING | <br>ANGLING | <br>DRAGON BOATS | <br>MODEL BOATS | <br>PHOTOGRAPHY | <br>NEWFOUNDLANDS |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| MON                                                                                 | Club Members Paddle ( <i>not club kit</i> ):<br>10am - 4pm                                                                                            | Lake Swimming:<br>7 - 8am & 12:15 - 1pm*                                                                                                                                                                               |                                                                                                                 | Strength and<br>Conditioning:<br>6:30 - 7:30pm                                                   | Coached Running:<br>Beginners: 6 - 6:30pm<br>Jeffing: 6 - 6:30pm                               | 6am - 6pm                                                                                      | Adults<br>(Signed Off Paddlers):<br>6 - 7:30pm                                                      | 10am - 12pm                                                                                        |                                                                                                    |                                                                                                      |
| TUE                                                                                 | Club Members Paddle ( <i>not club kit</i> ):<br>10am - 4pm                                                                                            | Lake Swimming:<br>7 - 8am & 12:15 - 1pm*                                                                                                                                                                               |                                                                                                                 |                                                                                                  | Coached Running:<br>6:15 - 7:30pm                                                              | 6am - 6pm                                                                                      |                                                                                                     | 10am - 12pm                                                                                        |                                                                                                    |                                                                                                      |
| WED                                                                                 | SUP Yoga: 6:30 - 7:30am<br>Club Members Paddle ( <i>not club kit</i> ):<br>10am - 4pm                                                                 | Lake Swimming:<br>7 - 8am & 12:15 - 1pm*                                                                                                                                                                               |                                                                                                                 |                                                                                                  |                                                                                                | 6am - 6pm                                                                                      |                                                                                                     | 10am - 12pm                                                                                        |                                                                                                    |                                                                                                      |
| THU                                                                                 | Club Members Paddle ( <i>not club kit</i> ):<br>10am - 4pm                                                                                            | Lake Swimming:<br>7 - 8am & 12:15 - 1pm*                                                                                                                                                                               |                                                                                                                 |                                                                                                  | Lead Running:<br>6:15 - 7:30pm                                                                 | 6am - 6pm                                                                                      | Adults: 6 - 7:30pm                                                                                  | 10am - 12pm                                                                                        |                                                                                                    |                                                                                                      |
| FRI                                                                                 | Club Members Paddle ( <i>not club kit</i> ):<br>10am - 4pm                                                                                            | Lake Swimming: 7 - 8am<br>Lake Dipping: 10:15 - 11am<br>Lake Swimming: 12:15 - 1pm*                                                                                                                                    |                                                                                                                 |                                                                                                  |                                                                                                | 6am - 6pm                                                                                      |                                                                                                     | 10am - 12pm                                                                                        | 6 - 8pm                                                                                            |                                                                                                      |
| SAT                                                                                 | Club Kit: 10am - 1pm, Kayak, Canoe and<br>Stand-Up Paddle Boarding - coaching available<br>Club Members Paddle ( <i>not club kit</i> ):<br>10am - 4pm | Lake Swimming: 8 - 9am                                                                                                                                                                                                 | 1:30 - 3pm<br>3:30 - 5pm                                                                                        |                                                                                                  | Lead Running: 9am                                                                              | 6am - 6pm                                                                                      |                                                                                                     | 10am - 12pm                                                                                        |                                                                                                    |                                                                                                      |
| SUN                                                                                 | Club Members Paddle ( <i>not club kit</i> ):<br>10am - 4pm                                                                                            | Lake Swimming: 9 - 10am<br>Coached Pool Swimming:<br>4:15 - 5pm & 5 - 6pm<br>Lifesaving (Pool, age 8-17,<br>alternate Sundays):<br>4:15 - 5pm<br>Children's Lessons<br>(Pool, age 5+ alternate<br>Sundays): 4:15 - 5pm |                                                                                                                 | Club Cycle Ride:<br>9am                                                                          |                                                                                                | 6am - 6pm                                                                                      | Juniors: 10 - 11:30am<br>Adults: 11:30am - 1pm                                                      | 10am - 12pm                                                                                        |                                                                                                    | 10am - 4pm                                                                                           |
|  |                                                                                                                                                       | Signed-off swimmers only for<br>lake swims (other than dipping).<br>* Subject to availability.                                                                                                                         |                            |             |           |           |                                                                                                     |               |                                                                                                    |                                                                                                      |



See our website to learn  
more about the Club

All coaches are certified by their respective National Governing Bodies.

  
BRITISH  
TRIATHLON



Book your session  
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