

White Oak Swimming Club

NOW

White Squad		
Day	Time	Pool
Monday		
Tuesday		
Wednesday	17.30 -18.30	White Oak
Thursday		
Friday		
Saturday	08.00 -9.00	White Oak
Sunday	08.00 -9.00	White Oak
£22 PER MONTH		

Green Squad		
Day	Time	Pool
Monday		
Tuesday		
Wednesday	17.45 -18.45	White Oak
Thursday		
Friday	18.30 -19.30	White Oak
Saturday	08.00 - 09.00	White Oak
Sunday	08.00 - 09.00	White Oak
£28 PER MONTH		

Bronze Squad		
Day	Time	Pool
Monday	17.30 -18.30	White Oak
Tuesday		
Wednesday	18.00 -19.15	White Oak
Thursday		
Friday	18.30 -19.30	White Oak
Saturday	08.00 - 09.00	White Oak
Sunday	08.00 - 09.00	White Oak
£34 PER MONTH		

Silver Squad		
Day	Time	Pool
Monday	17.30 -18.30	White Oak
Tuesday		
Wednesday	18.30 - 20.00	White Oak
Thursday		
Friday	18.30 -20.00	White Oak
Saturday	08.00 - 09.00	White Oak
Sunday	08.00 - 09.00	White Oak
£38 PER MONTH		

Lifesaving Section		
Day	Time	Pool
Wednesday	Lifesaving 19.15 - 21.15	Meet in White Oak pool Function Room (old bar)
£15 PER MONTH		

NEW FROM JAN 2008

White Squad		
Day	Time	Pool
Monday		
Tuesday		
Wednesday	17.45-18.45	White Oak
Thursday		
Friday		
Saturday	08.00 -9.00	White Oak
Sunday	08.00 -9.00	White Oak
£24 PER MONTH (less 10% discount if a 2nd child)		

Green Squad		
Day	Time	Pool
Monday		
Tuesday	17.00-18.00	White Oak
Wednesday	18.00-19.00	White Oak
Thursday		
Friday		
Saturday	08.00 - 09.00	White Oak
Sunday	08.00 - 09.00	White Oak
£30 PER MONTH (less 10% discount if a 2nd child)		

Bronze Squad		
Day	Time	Pool
Monday		
Tuesday	17.00-18.00	White Oak
Wednesday	18.45-20.00	White Oak
Thursday		
Friday	17.00-18.00	White Oak
Saturday	08.00 - 09.00	White Oak
Sunday	08.00 - 09.00	White Oak
£37 PER MONTH (less 10% discount if a 2nd child)		

Silver Squad		
Day	Time	Pool
Monday		
Tuesday	17.00 -18.30	White Oak
Wednesday	18.00 - 19.30	White Oak
Thursday		
Friday	17.00-18.00	White Oak
Saturday	08.00 - 09.00	White Oak
Sunday	08.00 - 09.00	White Oak
£41 PER MONTH (less 10% discount if a 2nd child)		

Lifesaving Section		
Day	Time	Pool
Wednesday	Lifesaving 19.15 - 21.15	Meet in White Oak pool Function Room (old bar)
£20 PER MONTH (less 10% discount if a 2nd child)		

White Oak Swimming Club

NOW

Club Squad		
Day	Time	Pool
Monday		
Tuesday	18.00 - 19.30	White Oak
Wednesday	Lifesaving 19.15 - 21.15	Meet in White Oak pool Function Room (old bar)
Thursday		
Friday		
Saturday		
Sunday	20.00 - 21.00	White Oak
COACH: TONY SMITH		
£25 PER MONTH		

Junior Top Squad		
Day	Time	Pool
Monday	20.00 - 21.30	Fairfield
Tuesday		
Wednesday	18.45 - 20.15	White Oak
Thursday		
Friday	19.00 - 20.30	NWK
Saturday	09.00 - 10.00	NWK
Sunday	17.00 - 18.00	NWK
COACH LYNDA PINKESS		
£42 PER MONTH		

Senior Top Squad		
Day	Time	Pool
Monday		
Tuesday		
Wednesday	20.15 - 21.15	White Oak
Thursday		
Friday	19.30 - 20.30	Fairfield
Saturday		
Sunday	09.00 - 11.00 20.00 - 21.00	NWK White Oak
£32 PER MONTH		

County Squad		
Day	Time	Pool
Monday	19.30 - 21.30	Fairfield
Tuesday	18.00 - 19.30	White Oak
Wednesday	19.30 - 21.15	White Oak
Thursday		
Friday	17.00 - 18.45	Fairfield
Saturday		
Sunday	09.00-11.00 18.45-19.45 Gym 20.00 - 21.00	NWK White Oak White Oak
COACH: DEAN WILLIAMS		
£58 PER MONTH (£53 FOR UNDER 14s)		

NEW FROM JAN 2008

Club Squad		
Day	Time	Pool
Mon		
Tues	18.30-20.00	White Oak
Wed	Lifesaving 19.15 - 21.15 OR 19.30-20.30 training	Meet in White Oak pool Function Room (old bar) OR White Oak pool
Thurs		
Fri		
Sat		
Sun	20.00 - 21.00	White Oak
COACH: all sessions TONY SMITH		
£26 PER MONTH (less 10% discount if a 2nd child)		

Gold		
Day	Time	Pool
Mon	17.30-19.00	White Oak
Tues		
Wed	19.30-21.15	White Oak
Thurs		
Fri	18.00-19.45	White Oak
Sat		
Sun	09.00-11.00 18.45-19.45 Land training	White Oak White Oak Gym
COACH: all sessions DEAN WILLIAMS		
£46 PER MONTH (less 10% discount if a 2nd child)		

Senior Top Squad		
SEE CLUB SQUAD ABOVE		

County Squad		
Day	Time	Pool
Mon	17.30-19.00	White Oak
Tues	18.00 -20.00	White Oak
Wed	19.30-21.15	White Oak
Thurs		
Fri	18.00-19.45	White Oak
Sat		
Sun	09.00-11.00 18.45-19.45 Land training 20.00 - 21.00	White Oak White Oak White Oak
COACH: all sessions DEAN WILLIAMS		
£58 PER MONTH (less 10% discount if a 2nd child) (all ages)		