

Aberdeen Amateur Swimming Club Squad Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|------------------------|---------------------------|--------------------|---------------------------|--|--------------------|--------------------------|
| A Squad | | | | | | | |
| Pool | | | | | | | |
| | Grammar 5.15-6.15pm | | | | Linksfield A 5.30-6.30pm S 6.30-7.30pm | RGU 1.00-2.00pm | |
| Landwork | | | | | | | |
| | | | | | | | |
| AA Squad | | | | | | | |
| Pool | | | RGU 6.00-7.30am | | | | |
| | | Linksfield 5.30-6.30pm | | RGU 7.00 8.00pm | Linksfield 5.30-7.30pm | | Grammar 3.45-5.45pm |
| Landwork | | | | RGU 6.00-7.00pm | | | |
| | | | | | | | |
| AAA Squad | | | | | | | |
| Pool | RGU 6.00-7.30am | | | | RGU 6.00-7.30am | | |
| | | Linksfield 5.30-6.30pm | RGU 7.00-9.00pm | Linksfield 4.30-6.30pm | RGU 6.00-8.00pm | | Kincorth 12.00-2.00pm |
| Landwork | | | | | RGU 5.00-6.00pm | | |