

# Training Times – April 2023

## A Squad

| Day       | Venue               | Time          | Training Type |
|-----------|---------------------|---------------|---------------|
| Monday    | Macclesfield Pool   | 06:00 – 07:45 | Swim          |
|           | Macclesfield Gym    | 18:00 – 19:00 | Land          |
|           | Macclesfield Pool   | 19:00 – 21:00 | Swim          |
| Tuesday   | King's Pool         | 18:00 – 20:00 | Swim          |
| Wednesday | Macclesfield Pool   | 06:00 – 07:45 | Swim          |
|           | Macclesfield Studio | 18:00 – 19:00 | Land          |
|           | Macclesfield Pool   | 19:00 – 21:00 | Swim          |
| Thursday  | King's Pool         | 18:00 – 20:00 | Swim          |
| Friday    | Macclesfield Pool   | 06:00 – 07:45 | Swim          |
|           | Macclesfield Studio | 17:30 – 18:30 | Land          |
| Saturday  | Macclesfield Pool   | 07:00 – 08:30 | Swim          |
|           | Macclesfield Gym    | 08:45 – 09:45 | Land          |

### Swimming

Academy  
Competitive  
Para swimming  
Triathlete and  
Masters

### About

Coaching Team  
Committee

### Satellites Swimming Club

Established in 1972, Satellites is a volunteer-run amateur sports club and are affiliated to Swim England North West Region and Cheshire County Water Polo and Swimming Association.

