

NOVEMBER 2025 – “A” Group							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1	2
am						6:00 – 7:30 (6 lanes)	
pm							2:00 – 4:00 Pan Am Scarborough
	3	4	5	6	7	8	9
am		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		2:00 – 4:00 Pan Am Scarborough
	10	11	12	13	14	15	16
am		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)		Newmarket Distance meet	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		Pool unavailable
	17	18	19	20	21	22	23
am		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		7:00 – 8:30 pm Pan Am Scarborough (it is correct)
	24	25	26	27	28	29	30
am		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)		6:00 – 7:30 (6 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		2:00 – 4:00 Pan Am Scarborough

