



TIMETABLE as of 26th February 2018



	MON	TUE	WED	THUR	FRI	SAT	SUN	HRS
PERFORMANCE	5.30pm To 7.30pm	5.30pm To 7.30pm 5.30 – 7.00am	5.30pm To 7.30pm	6.30pm To 8.30pm 5.30 – 7.00am	6.30pm To 8.30pm	7am To 9am	Rest Day	12
PERFORMANCE					5pm To 6pm LT	9.30am To 10.30am LT		3
								2
JUNIOR PERFORMANCE	5.30pm To 7.30pm	5.30pm To 7.30pm 5.30 – 7.00am	5.30pm To 7.30pm	7.30pm To 8.30pm 5.30 – 7.00am	5pm To 6pm LT	7am To 9am	Rest Day	9
						9.30am To 10.30am LT		3
								2
GOLD	5.30pm To 6.30pm	5.30 – 7.00am		7.30pm To 8.30pm 5.30 – 7.00am 6pm To 7pm LT	6.30pm To 8.30pm	7am To 8am	4pm To 6pm	7
						9.30am To 10.30am LT		3
								2
SILVER	5.30pm To 6.30pm	5.30 – 7.00am		5.30 – 7.00am 6pm To 7pm LT	7.30pm To 8.30pm	7am To 8am	4pm To 6pm	5
								3
								1
BRONZE	5.30pm To 6.30pm	5.30 – 7.00am		7.30pm To 8.30pm 5.30 – 7.00am 6pm To 7pm LT		7am – 8am	4pm To 6pm	5
								3
								1
DRAGONS		5.30 – 7.00am		7.30pm To 8.30pm 5.30 – 7.00am	7.30pm To 8.30pm	9.30am To 10.30am LT	4pm To 6pm	4
							3	
							1	
YOUNG OLYMPIANS 1		5.30 – 7.00am		5.30pm To 6.30pm 5.30 – 7.00am	6.30pm To 7.30pm	8am To 9am	5pm To 6pm	4
								3
								7
YOUNG OLYMPIANS 2		5.30 – 7.00am		5.30pm To 6.30pm 5.30 – 7.00am	6.30pm To 7.30pm	8am To 9am	5pm To 6pm	4
								3
								7
WATER DRAGONS				6.30pm To 7.30pm		8am To 9am	4pm To 5pm	3
								3
MINNOWS				5.30pm To 6.30pm	6.30pm To 7.30pm		4pm To 5pm	3
								3
DOLPHINS / MASTERS		5.30 – 7.00am		5.30 – 7.00am	7.30pm – 8.30pm	7am To 8am	5pm To 6pm	3
								3
								6

Please remember to arrive 15 minutes early to be able to stretch and warm up before getting in to swim.
Morning Sessions :- Swimmers must be 11> as of the 31 December

FONT COLOUR KEY: Black - core swim time
Green - early morning swim
Red - land training