**Monday – Wigan Life Centre**

Coaches – Tanya, Naomi and Chris

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| Link - 6-6.30pm – 2 lanes | **Development – 6-6.55pm – 3 lanes** | Progression – 6-6.55pm – 3 lanes |
| Senior Development – 7.05-8pm – 3 lanes | Senior Performance – 7.05 8pm – 3 lanes | Masters – 7.05pm -8pm – 2 lanes |

**Wednesday – Hindley Leisure Centre**

Coaches – Michelle and Jenny

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| Junior Development – 5.30-6.40pm – 3 lanes | Junior Performance - 5.30-6.40pm – 3 lanes |
| Senior Development – 6.50 – 8pm – 3 lanes | Senior Performance – 6.50 – 8pm – 3 lanes |

**Friday – Wigan Life Centre**

Coaches – Michelle, Tanya and Paul

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| Link - 6-6.30pm – 2 lanes | **Development – 6-6.55pm – 3 lanes** | Progression – 6-6.55pm – 3 lanes |
| Junior Development – 7.05 -8pm – 4 lanes | Junior Performance – 7.05-8pm – 4 lanes |

**Sunday – Hindley Leisure Centre**

Coaches – Tanya and Kian

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| **Development – 12–12.50pm – 3 lanes** | Progression – 12–12.50pm – 3 lanes |
| Junior Development – 1-1.55pm – 3 lanes | Junior Performance – 1-1.55pm – 3 lanes |
| Senior Development – 2.05-3pm – 3 lanes | Senior Performance – 2.05-3pm – 3 lanes |