

Timetable as of Monday 4th August

Session		Development	Progression	Junior Development	Junior Performance	Senior Development	Senior Performance	Masters
Monday	6pm - 7pm							
	7pm - 8pm							
	8pm - 9pm							
Wednesday	6:30pm - 7:30pm							
	7:30pm - 9pm							
Friday	7:30pm - 9pm							
Sunday	9am - 10am							
	10am - 11am							
	11am - 12pm							
Total pool time		3	3	3.5	3.5	3.5	3.5	1