

SUMMER TIMETABLE: 31st JULY-31st AUGUST 2017

	Learn to Swim	Competitive Development	Performance Development	Junior Competitive	Junior Club	Senior Competitive	Club	Junior Performance	Senior Performance
Monday	Castle Vale	Castle Vale	Castle Vale	Castle Vale	Castle Vale	Castle Vale	Castle Vale	Castle Vale	Castle Vale
	18.30 - 19.15	19.15 - 20.15	17.00 - 18.30	19.15 - 20.15	19.15 - 20.15	20.15 - 22.00	20.15 - 22.00	17.00 - 18.30	20.15 - 22.00
Tuesday	Castle Vale	Castle Vale	Castle Vale	Castle Vale		Wyndley	Wyndley		Wyndley
	17.00 - 18.00	17.00 - 18.00	18.00 - 19.00	18.00 - 19.00		18.30 - 20.30	18.30 - 20.30		18.30 - 20.30
Wednesday			Castle Vale	Wyndley	Wyndley	Wyndley	Wyndley	Castle Vale	Castle Vale
			17.00 - 19.00	17.30 - 19.00	17.30 - 19.00	19.00 - 20.30	19.00 - 20.30	17.00 - 19.00	17.00 - 19.00
Thursday	Wyndley	Wyndley	Wyndley	Wyndley		Wyndley		Wyndley	Wyndley
	18.30 - 19.15	19.15 - 20.00 (SW)	18.30 - 20.15	20.15 - 21.45		20.15 - 22.00		18.30 - 20.15	20.15 - 22.00
Friday								Castle Vale	Castle Vale
								19.00 - 20.30	19.00 - 20.30
Saturday			Castle Vale					Castle Vale	Castle Vale
			08.15 - 10.00					08.15 - 10.00	08.15 - 10.00
Sunday	Castle Vale	Castle Vale	Castle Vale	Castle Vale		Castle Vale	Castle Vale		
	13.00 - 13.45	13.45 - 15.15	13.45 - 15.15	15.15 - 16.45		15.15 - 16.45	15.15 - 16.45		

Where sessions are cancelled, swimmers are welcome to swim any alternative session within the same squad

All land training sessions are cancelled

Any queries, contact your Squad Rep or the front Desk