



From Sunday 8<sup>th</sup> January, there will be a revised timetable for sessions on Sunday's at Castle Vale.

Squad	Original Time	New Time
Learn To Swim	1pm – 1.45pm	1pm – 1.45pm
	1.45pm – 2.30pm	1pm – 1.45pm
Competitive Development	2.30pm – 3.30pm	1.45pm – 2.45pm
Performance Development	3.30pm – 5pm	2.45pm – 4pm
Land Training	2.30pm – 3.15pm	1.45pm – 2.30pm
Junior Competitive	3.30pm – 5pm	4pm – 5.15pm
	5pm – 6.30pm	4pm – 5.15pm
Senior Competitive	5pm – 6.30pm	5.15pm – 6.45pm