

Squad	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>A PM</b> 14.5 hours 7/8 sessions	17.30 19.30 2	17.00 19.00 2	17.30 19.30 2	17.00 18.30 1.5	18.00 20.00 2		
<b>A AM</b>			06.00 07.30 1.5		06.00 07.30 1.5	08.00 10.00 2	
<b>B1</b> 12.5 hours 6/8 sessions	17.30 19.00 1.5	17.00 19.00 2	17.30 19.00 1.5	17.00 18.30 1.5	17.00 18.00 1		
<b>B1 AM</b>			06.00 07.30 1.5		06.00 07.30 1.5	08.00 10.00 2	
<b>B2 PM</b> 9.5 hours 5/6 sessions		17.00 19.00 2	17.30 19.00 1.5	17.00 18.30 1.5	17.00 18.00 1		
<b>B2 AM</b>		07.00 08.00 1		07.00 08.00 1		08.00 10.00 2	
<b>B3 PM</b> 6.5 hours 4/4		17.00 19.00 2		17.00 18.30 1.5	17.00 18.00 1	08.00 10.00 2	
<b>B3 AM</b>							
<b>Mighty Minnows (a)</b>		18.00-19.00 19.00-20.00 1		17.00-18.00 18.00-19.00 1			
<b>Sharks</b>		17.00-17.30 17.30-18.00		17.00 18.00 TBC			
<b>Learn to Swim</b>		17.30-18.00					
<b>IMPROVERS</b>		18.00 19.00					

