

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
	Shallow	5 x 25m	Deep	Shallow	5 x 25m	Deep	Shallow	5 x 25m	Deep	Shallow	5 x 25m	Deep	Shallow	5 x 25m	Deep	Shallow	5 x 25m	Deep	Shallow	5 x 25m	Deep	
7:00	Early Bird Swim												Early Bird Swim						7:00			
7:15																			7:15			
7:30																			7:30			
7:45	Synchro																		Synchro	7:45		
8:00	Maintenance																		7:45			
8:15																			8:00			
8:30																			8:15			
8:45																			8:30			
9:00																			8:45			
9:15	Swimming Lessons																		Maintenance	9:00		
9:30													9:15									
9:45													9:30									
10:00													9:45									
10:15													10:00									
10:30	P&T	Water Polo Lessons	Diving Lessons	P&T	Water Polo Lessons	Diving Lessons	P&T	Water Polo Lessons	Diving Lessons	P&T	Water Polo Lessons	Diving Lessons	Staff Training				10:00					
10:45																	10:15					
11:00	Aquafit		ST (11+)	Aquafit		ST (11+)	Aquafit		ST (11+)	Aquafit							10:30					
11:15																	10:45					
11:30																	11:00					
11:45	Swim Team (10 & ↓) (including Junior Swim Team Team)						Swim Team (ALL) - Start @ 11:30 in Park for 15-30 mins			Swim Team (ALL)							11:00					
12:00																	11:15					
12:15																	11:30					
12:30	Water Polo			Synchro			Water Polo			Synchro							Water Polo			11:45		
12:45																	12:00					
13:00	Adult Swim		Synchro	Adult Swim		Diving	Adult Swim		Synchro	Adult Swim		Diving	Adult Swim		Synchro	12:15						
13:15													12:30									
13:30													12:45									
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20:30	Adult Swim		Masters	Adult Swim						Masters			19:45									
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