Summer Training timetable

Mon 14th July	Tues 15th July	Wed 16th July	Thurs 17th July	Fri 18th July	Sat 19th July	Sun 20th July
	No Tues AM training	-	Int 1 & Int 2		-	All Dolphins 4.00-5.00pm
	Mini D 6-6.45pm		6.15-8.00pm		No swim	Int land 4.15-4.45pm
	Senior & Junior D 6.45-7.30		Perf & Senior Int		training	Int 1 & Senior Int 5.00-6.30pm
Junior/Senior	Int 1 & Senior Int 7-8pm	No training	8.00-9.00pm	No training		Int 2 5.00-7.00pm
Water Polo	Comp 7.15-9.15pm		Comp 7.15-9.00pm		(Water Polo as	Comp Land (poolside) 5.45-6.15
7.45-10.00pm			(No Land)		normal)	Comp 6.15-8.30pm
	Int 2 & Perf 8.00-9.15pm		Masters 9-10pm			Perf 7.00-8.30pm
Mon 21st July	Tuesday 22nd July	Weds 23rd July	Thursday 24th July	Friday 25th July	Saturday 26th July	Sunday 27th July
	No Tues AM training		Int 1 & Int 2		•	
	Mini D 6-6.45pm		6.15-8.00pm			
Junior/Senior	Senior & Junior D 6.45-7.30		Perf & Senior Int			
Water Polo	Int 1 & Senior Int 7-8pm	No training	8.00-9.00pm		No trainin	g
7.45-10.00pm	Comp 7.15-9.15pm		Comp 7.15-9.00pm			-
7.45-10.00pm			(No Land)			
	Int 2 & Perf 8.00-9.15pm		Masters 9-10pm			
Mon 28th July	Tues 29th July	Wed 30th July	Thurs 31st July	Fri 1st August	Sat 2nd August	Sun 3rd August
Water Polo 7.45-9.15pm	No training					
Mon 4th August	-	Wed 6th Aug	Thurs 7th Aug	Fri 8th Aug	Sat 9th Aug	Sun 10th Aug
	No Tues AM training		Int 1 & Int 2			All Dolphins 4.00-5.00pm
	Mini D 6-6.45pm		6.15-8.00pm			Int land 4.15-4.45pm
Junior/Senior	Senior & Junior D 6.45-7.30	No training	Perf & Senior Int	Netroining	Notroining	Int 1 & Senior Int 5.00- 6.15 pm
Water Polo 7.45-9.15pm	Int 1 & Senior Int 7-8pm	No training	8.00-9.00pm	No training	No training	Int 2 5.00- 6.45 pm
7.45-9.15pm	Comp 7.15-9.15pm		Comp 7.15-9.00pm (No Land)			Comp Land (poolside) 5.30-6.00 Comp 6.00-8.00 pm
	Int 2 & Perf 8.00-9.15pm		Masters 9-10pm			Perf 6.45-8.00 pm
Mon 11th Aug	Tues 12th Aug	Wed 13th Aug	Thurs 14th Aug	Fri 15th Aug	Sat 16th Aug	Sun 17th Aug
Mon 11th Aug	No Tues AM training		Int 1 & Int 2	1.1.200.17008		
	Mini D 6-6.45pm					•
			6.15-8.00pm			All Dolphins 4.00-5.00pm Int land 4.15-4.45pm
Junior/Senior	Senior & Junior D 6.45-7.30		Perf & Senior Int			All Dolphins 4.00-5.00pm
Junior/Senior Water Polo	Senior & Junior D 6.45-7.30 Int 1 & Senior Int 7-8pm	No training	-	No training	No training	All Dolphins 4.00-5.00pm Int land 4.15-4.45pm
		No training	Perf & Senior Int	No training	No training	All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00- 6.15 pm
Water Polo	Int 1 & Senior Int 7-8pm	No training	Perf & Senior Int 8.00-9.00pm	No training	No training	All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.15pm Int 2 5.00-6.45pm
Water Polo 7.45-9.15pm	Int 1 & Senior Int 7-8pm	No training	Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm			All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.15pm Int 2 5.00-6.45pm Comp Land (poolside) 5.30-6.00 Comp 6.00-8.00pm Perf 6.45-8.00pm
Water Polo	Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm Tues 19th Aug	No training Wed 20th Aug	Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm Thurs 21st Aug	No training Fri 22nd Aug	No training Sat 23rd Aug	All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.15pm Int 2 5.00-6.45pm Comp Land (poolside) 5.30-6.00 Comp 6.00-8.00pm Perf 6.45-8.00pm Sun 24th Aug
Water Polo 7.45-9.15pm	Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm Tues 19th Aug No Tues AM training		Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm Thurs 21st Aug Int 1 & Int 2			All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.15pm Int 2 5.00-6.45pm Comp Land (poolside) 5.30-6.00 Comp 6.00-8.00pm Perf 6.45-8.00pm Sun 24th Aug All Dolphins 4.00-5.00pm
Water Polo 7.45-9.15pm Mon 18th Aug	Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm Tues 19th Aug No Tues AM training Mini D 6-6.45pm		Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm Thurs 21st Aug Int 1 & Int 2 6.15-8.00pm			All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.15pm Int 2 5.00-6.45pm Comp Land (poolside) 5.30-6.00 Comp 6.00-8.00pm Perf 6.45-8.00pm Sun 24th Aug All Dolphins 4.00-5.00pm Int land 4.15-4.45pm
Water Polo 7.45-9.15pm Mon 18th Aug Junior/Senior	Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm Tues 19th Aug No Tues AM training Mini D 6-6.45pm Senior & Junior D 6.45-7.30	Wed 20th Aug	Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm Thurs 21st Aug Int 1 & Int 2 6.15-8.00pm Perf & Senior Int	Fri 22nd Aug	Sat 23rd Aug	All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.15pm Int 2 5.00-6.45pm Comp Land (poolside) 5.30-6.00 Comp 6.00-8.00pm Perf 6.45-8.00pm Sun 24th Aug All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.15pm
Water Polo 7.45-9.15pm Mon 18th Aug Junior/Senior Water Polo	Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm Tues 19th Aug No Tues AM training Mini D 6-6.45pm Senior & Junior D 6.45-7.30 Int 1 & Senior Int 7-8pm		Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm Thurs 21st Aug Int 1 & Int 2 6.15-8.00pm Perf & Senior Int 8.00-9.00pm			All Dolphins 4.00-5.00pm Int I and 4.15-4.45pm Int 2 5.00-6.45pm Comp Land (poolside) 5.30-6.00 Comp 6.00-8.00pm Perf 6.45-8.00pm Sun 24th Aug All Dolphins 4.00-5.00pm Int I and 4.15-4.45pm Int 2 5.00-6.45pm
Water Polo 7.45-9.15pm Mon 18th Aug Junior/Senior	Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm Tues 19th Aug No Tues AM training Mini D 6-6.45pm Senior & Junior D 6.45-7.30	Wed 20th Aug	Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm Thurs 21st Aug Int 1 & Int 2 6.15-8.00pm Perf & Senior Int	Fri 22nd Aug	Sat 23rd Aug	All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.15pm Int 2 5.00-6.45pm Comp Land (poolside) 5.30-6.00 Comp 6.00-8.00pm Perf 6.45-8.00pm Sun 24th Aug All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.15pm