

Summer Training timetable

Mon 14th July Junior/Senior Water Polo 7.45-10.00pm	Tues 15th July No Tues AM training Mini D 6-6.45pm Senior & Junior D 6.45-7.30 Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm	Wed 16th July No training	Thurs 17th July Int 1 & Int 2 6.15-8.00pm Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm	Fri 18th July No training	Sat 19th July No swim training (Water Polo as normal)	Sun 20th July All Dolphins 4.00-5.00pm Int land 4.15-4.45pm Int 1 & Senior Int 5.00-6.30pm Int 2 5.00-7.00pm Comp Land (poolside) 5.45-6.15 Comp 6.15-8.30pm Perf 7.00-8.30pm
Mon 21st July Junior/Senior Water Polo 7.45-10.00pm	Tuesday 22nd July No Tues AM training Mini D 6-6.45pm Senior & Junior D 6.45-7.30 Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm	Weds 23rd July No training	Thursday 24th July Int 1 & Int 2 6.15-8.00pm Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm	Friday 25th July	Saturday 26th July	Sunday 27th July No training
Mon 28th July Junior/Senior Water Polo 7.45-9.15pm	Tues 29th July	Wed 30th July	Thurs 31st July	Fri 1st August	Sat 2nd August	Sun 3rd August No training
Mon 4th August Junior/Senior Water Polo 7.45-9.15pm	Tues 5th Aug No Tues AM training Mini D 6-6.45pm Senior & Junior D 6.45-7.30 Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm	Wed 6th Aug No training	Thurs 7th Aug Int 1 & Int 2 6.15-8.00pm Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm	Fri 8th Aug No training	Sat 9th Aug No training	Sun 10th 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
Mon 11th Aug Junior/Senior Water Polo 7.45-9.15pm	Tues 12th Aug No Tues AM training Mini D 6-6.45pm Senior & Junior D 6.45-7.30 Int 1 & Senior Int 7-8pm Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm	Wed 13th Aug No training	Thurs 14th Aug Int 1 & Int 2 6.15-8.00pm Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm	Fri 15th Aug No training	Sat 16th Aug No training	Sun 17th 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
Mon 18th Aug Junior/Senior Water Polo 7.45-9.15pm	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 Comp 7.15-9.15pm Int 2 & Perf 8.00-9.15pm	Wed 20th Aug No training	Thurs 21st Aug Int 1 & Int 2 6.15-8.00pm Perf & Senior Int 8.00-9.00pm Comp 7.15-9.00pm (No Land) Masters 9-10pm	Fri 22nd Aug No training	Sat 23rd Aug No training	Sun 24th 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