

Summer Training timetable

Mon 18th July Junior/Senior Water Polo 7.45-9.00pm	Tues 19th July Normal 5.30-7am Mini D 6-6.45pm Junior D 6.45-7.30 Int 1 7-8pm Int 2 & Perf 1 8.00-9.15pm Perf 2 7.15-9.15pm	Wed 20th July Int 2 & Perf 1&2 7.15-8.35pm	Thurs 21st July Int 1 6.30-7.30pm Int 2 7.15-9pm Perf 1&2 7.15-9pm	Fri 22nd July Int 2 6.30-7.45pm Mini D & Junior D 7.00-7.45pm Perf 1&2 7.45-9.15pm	Sat 23rd July Normal 7.30-9am Int 2, P1, P2 No Evening training	Sun 24th July Mini D & Junior D 4.00-5.00pm Int 1&2 5-6.30pm Perf 1&2 6.30-8.30pm
Mon 25th July Junior/Senior Water Polo 7.45-9.00pm	Tuesday 26th July No AM training Mini D 6-6.45pm Junior D 6.45-7.30 Int 1 7-8pm Int 2 & Perf 1 8.00-9.15pm Perf 2 7.15-9.15pm	Weds 27th July Int 2 & Perf 1&2 7.15-8.35pm	Thursday 28th July Int 1 6.30-7.30pm Int 2 7.15-9pm Perf 1&2 7.15-9pm	Friday 29th July Int 2 6.30-7.45pm Mini D & Junior D 7.00-7.45pm Perf 1&2 7.45-9.15pm	Saturday 30th July Normal 7.30-9am Int 2, P1, P2 No Evening training	Sunday 31st July Mini D & Junior D 4.00-5.00pm Int 1&2 5-6.30pm Perf 1&2 6.30-8.30pm
Mon 1st August Junior/Senior Water Polo 7.45-9.00pm	Tues 2nd August No AM training Mini D 6-6.45pm Junior D 6.45-7.30 Int 1 7-8pm Int 2 & Perf 1 8.00-9.15pm Perf 2 7.15-9.15pm	Weds 3rd August Int 2 & Perf 1&2 7.15-8.35pm	Thurs 4th August Int 1 6.30-7.30pm Int 2 7.15-9pm Perf 1&2 7.15-9pm	Fri 5th August Perf 2 ONLY 6.30-8pm	Sat 6th August Normal 7.30-9am Int 2, P1, P2 No Evening training	Sun 7th August Mini D & Junior D 4.00-5.00pm Int 1&2 5-6.30pm Perf 1&2 6.30-8.30pm
Mon 8th August Junior/Senior Water Polo	Tues 9th Aug	Wed 10th Aug	Thurs 11th Aug	Fri 12th Aug	Sat 13th Aug	Sun 14th Aug
No Swim training at all this week						
Mon 15th Aug Junior/Senior Water Polo 7.45-9.00pm	Tues 16th Aug Mini D 6-6.45pm Junior D 6.45-7.30 Int 1 7-8pm Int 2 & Perf 1 8.00-9.15pm Perf 2 7.15-9.15pm	Wed 17th Aug No training	Thurs 18th Aug Int 1 6.30-7.30pm Int 2 7.15-9pm Perf 1&2 7.15-9pm	Fri 19th Aug No training	Sat 20th Aug No training	Sun 21st Aug Mini D & Junior D 4.00-5.00pm Int 1&2 5-6.30pm Perf 1&2 6.30-8.30pm
Mon 22nd Aug Junior/Senior Water Polo 7.45-9.00pm	Tues 23rd Aug Mini D 6-6.45pm Junior D 6.45-7.30 Int 1 7-8pm Int 2 & Perf 1 8.00-9.15pm Perf 2 7.15-9.15pm	Wed 24th Aug No training	Thurs 25th Aug Int 1 6.30-7.30pm Int 2 7.15-9pm Perf 1&2 7.15-9pm	Fri 26th Aug Int 2 6.30-7.45pm Mini D & Junior D 7.00-7.45pm Perf 1&2 7.45-9.15pm	Sat 27th Aug No training	Sun 28th Aug Mini D & Junior D 4.00-5.00pm Int 1&2 5-6.30pm Perf 1&2 6.30-8.30pm