

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
Performance	05:45 – 08:00		05:45 – 08:00		05:45 – 08:00	08:00 – 10:00		Mon & Thur PM with Northumberland Squad @ Ashington. Swimmers not on squad will be directed to alternative session.
	18:15 – 20:45		18:45 – 21:15	18:15 – 20:45	19:15 – 21:00			
						L -06:45 – 07:45		
Competitive 3	05:45 – 08:00			05:45 – 07:30		06:45 – 09:00		Swimmers will be advised if they should be swimming both Monday AM & Monday PM sessions.
	19:30 – 21:00	19:30 – 21:00			18:30 – 19:30			
			L - 07:00 – 08:00					
Competitive 2				05:45 – 7:30		06:45 – 08:00		
		19:30 – 21:00			18:30 – 19:30		16:00 – 17:15	
Competitive Youth		05:45 – 07:30	05:45 – 08:00		05:45 – 08:00			
	20:15 – 21:00		20:00 – 21:00		20:15 – 21:00			
Competitive 1		06:30 – 07:30				09:00 – 10:00		Tuesday AM School Holidays only!
	19:30 – 20:15		19:00 – 20:00				17:00 – 18:00	
Skill Dev 2						16:00 – 17:00	16:00 – 17:00	
Skill Dev 1					19:30 – 20:15	16:00 – 17:00		
Minnows							17:15 – 18:00	
Seniors		05:45 – 07:30						
	20:15 – 21:00		20:00 – 21:00		20:15 – 21:00			