

Day	AM	Squads to attend	PM	Squads to attend
Monday	6-7.30	Young Potential Potential Performance	5 – 6.30 - LW	Performance Plus + Performance Potential Young Potential - 1 lane plus pit for stroke
Monday			5 - 6.30 PIT	YP - stroke clinic (part of fees)
Tuesday	5.30-7.30 Plus stroke work in pit	Performance ALL Potential	5-6.30 LW	Performance ALL
			5.45-6.45 Garrison	Closed
Tuesday			5 - 6.30 PIT	Optional Young Potential Swim Clinic - Pay on day
Wednesday	5.30-7.30	Performance PLUS	5.45-6.45 G	Academy Closed
			7-8 - LW	Masters
Wednesday	6-7.30 PIT	Young Potential	7-8 - LW PIT	Optional Junior stroke clinic - Pay on day
Thursday	6-7.30	Potential + Young Potential	5-6.30 - LW	Performance ALL
			7-8 – G	Closed
Thursday			PIT	New Junior & Academy Swim Clinic - Pay on day
Friday	5.30-7.30	Performance ALL	5.30-6.30 Garrison	Closed
			6-7.30 - LW	Junior & Young Potential + Potential + Performance
			6-7.30 - PIT	Used as lane 7 as needed for Junior and YP
Friday AM	6 - 7.30 PIT	Young Potential/Junior – Sign up (Max 15)	6.30-7.30 - G	Academy closed
			7.30-8.30 LW	Performance Plus (15/12, 22/12, 5/1/18)
Sunday	7-8 - LW	Swim Fitness Juniors Pre-Club- (invitation only, chargeable)	8.00-9.00 LW	Water Polo Squad and Masters swim training
	8-9AM LW	Masters & SD (1 lane)		
	9-11 – LW 17/12 & 7/1/18	Potential) 2 Sundays only Performance +) 17/12/17 & 7/1/18		
	9-11 - G	Closed		