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Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions	Pool Hours	Land Hours	Lead Coach/Assistant Coach
Performance	AM		05.00-07.15 Rick		05.00-07.15 Rick		05.45-8.00 Rick/Joel		8	16.5	2.25	Rick (Joel)
	PM	16.10-18.35 Rick/Joel	16.10-18.35 Rick/Joel	16.10-18.35 Rick/Joel	16.10-18.35 Rick/Joel	16.10-18.35 Joel						
	Land	18.45-19.30		18.45-19.30			08.15-09.00					
National Youth	AM		05.00-07.15 Rick		05.00-07.15 Dan		06.30-08.00 Dan		8	13.5	2	Dan (Sion)
	PM	19.35-21.05 Dan (Sion)	19.35-21.05 Dan	19.35-21.05 Dan (Sion)	19.35-21.05 Dan	16.10-18.35 Sion						
	Land					18.45-19.30	08.10-09.00					
National Age	AM		05.30-07.00 Invite Only				06.30-08.15 Liam		7	13.25	2.25	Liam
	PM	16.10-18.35 Liam	16.10-18.35 Liam	16.10-18.35 Liam	16.10-18.35 Liam	16.10-18.35 Rick						
	Land		18.45-19.30		18.45-19.30		05.30-06.15					
Regional Age	AM		05.30-07.00 Invite Only				06.30-08.00 Mark		7	11	0.75	Mark
	PM	19.35-21.05 Mark	19.35-21.05 Mark	19.35-21.05 Mark	19.35-21.05 Mark	18.35-20.05 Mark						
	Land						05.30-06.15					
County Age	AM						06.30-08.00 Lola		5	7.5	1	Lola
	PM	19.35-21.05 Lola		19.35-21.05 Lola	19.35-21.05 Lola	18.35-19.35 Lola						
	Land					18.00-18.30	06.00-06.30					
	Key:	Grand Central	Cheadle	Romiley	Avondale							



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Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions	Pool Hours	Land Hours	Lead Coach/Assistant Coach
Junior Development 3	AM or PM	16.35-18.35 Sion	19.00-20.30 Sion		19.00-20.30 Sion	17.30-19.00 Liam	08.15-09.30 Jolan	15.30-17.00 Sion	6	9.25	1.5 TBC	Sion
Junior Development 2	AM or PM	16.30-18.00 Jolan		17.30-19.00 Jolan		16.30-17.30 Jolan	08.15-09.30 Jolan	17.00-18.30 Jake	5	6.75	0.5	Jolan
Junior Development 1	PM	16.30-18.00 Lola	18.35-19.35 Jolan/Lola TBC	17.30-19.00 Sion		16.30-17.30 Lola/Liam tbc		17.00-18.30 Sion	5	6.5	0.5	Sion/Lola
	Land		TBC JD3 land		TBC JD3 land		07.45-08.15am					
Academy 3	PM	18.35-19.35 Lola	18.35-19.35 Lola/Jolan TBC	18.35-19.35 Lola	18.35-19.35 Lola			17.00-18.30 TBC	5	5.5		Lola/Meg
Academy 2	PM	18.35-19.35 Aaron	18.35-19.35 Phoebe	18.35-19.35 Aaron	18.35-19.35 Aaron				4	4		Bella
Academy 1	PM	18.35-19.35 Phoebe		18.35-19.35 Phoebe	18.35-19.35 Phoebe				3	3		Phoebe
Stroke Development Courses (Select dates)	PM	18.35-19.35 Anna	18.35-19.35 Anna	18.35-19.35 Anna	18.35-19.35 Anna				4	1		Anna
Masters/Competitive Masters	PM	20.15-21.15 Russ		21.05-22.05 Sion/Jolan		18.35-20.05 Sion/Jolan			3	4		Sion/Russell/Jolan
Swim Fit	PM	12.05-13.05 Jolan	12.05-13.05 Jolan	12.05-13.05 Jolan	12.05-13.05 Jolan	12.05-13.05 Jolan			5	5		Sion/Jolan
	Key:	Grand Central	Cheadle	Romiley	Avondale							

Update - January Timetable 2024