

Lane	Monday	Tuesday		Wednesday		Thursday		Friday		Saturday
	6.15-7.15	6.00-7.00	7.00-8.00	6.15-7.00	7.00-8.00	6.30-7.30	7.30-8.30	5.00-6.00	6.00-7.00	8.00-9.00
1	Youth	Youth		Youth		Youth		Youth		Masters
2	Age	Age		Age		Dev 2*	Age	Age		Dev 1 & 2
3	Dev 2	Dev 2*	Club	Dev 1	Club	Dev 2	Club	Dev 1	Dev 2	
4	Dev 1			Dev 2 (6.30-8.00)						

Morning sessions : Mondays & Fridays 6.30am – 7.30am Cat 2 (Open) swimmers only