

## TIMETABLE AS OF SATURDAY 14<sup>TH</sup> MARCH 2020

Junior 1 & 2	2 hours (choose 2 sessions)	POOL	COACH
Tuesday	6:10pm - 7:10pm	JW	Josh Scarll/Janet Warrington/Emma Warrington/ Hayley Warrington/Dom McCarthy/Eleanor Short/ Ezme Gladwell
Sunday	5:15pm - 6:15pm	JW	Gill Pick / Eleanor Short

Club Development	3 hours 30 mins	POOL	COACH
Monday	8:30pm – 9:30pm	JW	Steve Gershon
Friday	8:00pm - 9:00pm	JW	Andrew Woodhouse
Sunday	7:45pm - 8:45pm	JW	Steve Gershon

Blue Squad	6 hours	POOL	COACH
Monday	6:00am - 7:00am	JW	Steve Gershon
Monday	6:30pm – 8:00pm	SB	Gill Pick
Thursday	6:00am - 7:00am	JW	Andrew Woodhouse
Thursday	6:15pm - 7:45pm	SB	Gill Pick/ Dan Smith/ Andrew Woodhouse
Friday	6:00am - 7:00am	JW	Andrew Woodhouse / Eleanor Short
Friday Land Training, age 11+	6:00pm - 6:45p`m (sports hall)	JW	Dan Smith/ Andrew Woodhouse
Friday	7:00pm - 8:00pm	JW	Dan Smith
Sunday	5:15pm - 6:15pm	JW	Gill Pick/ Eleanor Short/ Jess Callaghan

Red Squad	9 hours 30 mins	POOL	COACH
Monday	6:00am - 7:00am	JW	Steve Gershon / Dominic McCarthy
Monday	6:30pm - 8:00pm	SB	Emma Warrington
Thursday	6:15pm - 7:45pm	SB	Gill Pick/ Dan Smith/ Andrew Woodhouse
Friday	6:00am - 7:00am	JW	Andrew Woodhouse/ Eleanor Short
Friday Land Training, age 11+	6:00pm - 6:45pm (sports hall)	JW	Dan Smith/ Andrew Woodhouse
Friday	7:00pm - 8:00pm	JW	Dan Smith
Sunday – EHBB (selected sessions)	7:00am - 9:00am	JW	Andrew Woodhouse
Sunday	5:15pm - 6:15pm	JW	Gill Pick

JW = John Warner      HB = Haileybury      SB = Simon Balle

Silver Squad	15 hours 45 mins	POOL	COACH
Monday	6:00am - 7:00am	JW	Steve Gershon / Dominic McCarthy
Monday	7:00pm - 8:30pm	JW	Mary Wright or Andrew Woodhouse & Jess Callaghan
Tuesday	Temporarily cancelled	HB	Andrew Woodhouse, Mary Wright & Dan Smith <i>*Seasonal sports-wear required i.e: trainers, clothes suitable for running, exercise etc</i>
	Temporarily cancelled		
Wednesday	6:00am - 7:30am	JW	Mary Wright
Thursday	6:00am - 8:00am	JW	Andrew Woodhouse
Friday	6:00am - 8:00am	JW	Andrew Woodhouse
Friday Land training (sports hall)	6:00pm - 6:45pm	JW	Andrew Woodhouse
Friday	7:00pm - 8:30pm	JW	Andrew Woodhouse
Sunday EHBB (selected sessions)	7:00 - 9:00 am	JW	Mary Wright/Paul Wollaston/Andrew Woodhouse
Sunday	6:15pm - 7:45pm	JW	Mary Wright/Andrew Woodhouse & Jess Callaghan

Gold Squad	19 hours 15 mins	POOL	COACH
Monday	6:00am - 7:00am	JW	Steve Gershon
Monday**	7:00pm - 9:00pm	JW	Mary Wright or Andrew Woodhouse
Tuesday	Temporarily cancelled	HB	Andrew Woodhouse, Mary Wright & Dan Smith <i>*Seasonal sports-wear required i.e: trainers, clothes suitable for running, exercise etc</i>
	Temporarily cancelled		
Wednesday	6:00am - 7:30am	JW	Mary Wright
Thursday	6:00am - 8:00am	JW	Andrew Woodhouse
Thursday	6:15pm - 8:15pm	JW	Mary Wright
Friday	6:00am - 8:00am	JW	Andrew Woodhouse
Friday Land Training (sports hall)	6:00pm - 6:45pm	JW	Andrew Woodhouse
Friday**	7:00pm - 9:00pm	JW	Andrew Woodhouse
Sunday EHBB (selected sessions)	7:00am - 9:00am	JW	Mary Wright/Paul Wollaston/Andrew Woodhouse
Sunday**	6:15pm - 8:15pm	JW	Andrew Woodhouse / Mary Wright & Ciaran Fahy

\*\* Gold Fitness Squad sessions running at 1.5hrs per session during School Exams period

Masters & Tri	3 hours	POOL	COACH
Monday	6:00am - 7:00am	JW	Steve Gershon
Monday	8:30pm - 9:30pm	JW	Steve Gershon
Wednesday	6:00am - 7:00am	JW	Steve Gershon
Friday	6:00am - 7:00am	JW	Steve Gershon
Friday	8:00pm - 9:00pm	JW	Mary Wright / Andrew Woodhouse
Sunday	7:45pm - 8:45pm	JW	Steve Gershon

Disability	1 hour	POOL	COACH
Tuesday SOEH	Session 1 - 6:10pm	JW	Hayley Warrington / Janet Warrington
Tuesday SOEH	Session 2 - 6:40pm	JW	Hayley Warrington / Janet Warrington