

Dec-22		12th		13th	14th		15th			16th			17th	18th
Timetable		Monday		Tuesday	Wednesday		Thursday			Friday			Saturday	Sunday
Squad	Hours	KA	Lancing	KA	Wadurs	Lancing	KA	Wadurs	Steyning	Lancing	Steyning	KA	Day Off	KA
Academy	30 mins 2 x 30 mins													09:00 - 09:30
Transition	2 hrs													09:30 - 10:00
Skills	4		18:30 - 19:30			18:30 - 19:30								10:00 - 11:00
AGD	6.25	06:00 - 07:00		20:00 - 21:15	20:10 - 21:10		06:00 - 07:00	19:00 - 20:00				Club Champs 18:00 - 21:00		17:00 - 18:00
Club Red Black	3.25			20:00 - 21:15				19:00 - 20:00						
Competitive	8.25	06:00 - 07:00			06:00 - 07:15 20:10 - 21:10		06:00 - 07:00		18:30 - 20:00		19:00 - 20:30		K2 PAYG <sup>1</sup>	18:00 - 19:30
Performance	12	06:00 - 07:00	19:30 - 21:00		06:00 - 07:15	19:30 - 21:00	06:00 - 07:00		18:30 - 20:00	06:00 - 07:15	19:00 - 20:30			

Dec-22		19th		20th	21st		22nd			23rd		24th	25th		
Timetable		Monday		Tuesday	Wednesday		Thursday			Friday		Saturday	Sunday		
Squad	Hours	KA	Lancing	KA	Wadurs	Lancing	KA	Wadurs	Steyning	Lancing	Steyning	KA	Day Off	KA	
Academy	30 mins 2 x 30 mins											18:00 - 18:30	K2 PAYG <sup>1</sup>	09:00 - 09:30	
Transition	2 hrs											18:30 - 19:00		09:30 - 10:00	
Skills	4		18:30 - 19:30		Social Event							19:00 - 20:00		10:00 - 11:00	
AGD	6.25	06:00 - 07:00		20:00 - 21:15			06:00 - 07:00	19:00 - 20:00						20:00 - 21:00	17:00 - 18:00
Club Red Black	3.25			20:00 - 21:15				19:00 - 20:00						19:00 - 20:00	17:00 - 18:00
Competitive	8.25	Social Event					06:00 - 07:15	18:30 - 20:00	06:00 - 07:00		18:30 - 20:00			19:00 - 20:30	
Performance	12						06:00 - 07:15	18:30 - 20:00	06:00 - 07:00		18:30 - 20:00	06:00 - 07:15	19:00 - 20:30		18:00 - 19:30
							06:00 - 07:15	18:30 - 20:00	06:00 - 07:00		18:30 - 20:00	06:00 - 07:15	19:00 - 20:30		18:00 - 19:30

Dec-22		26th		27th	28th		29th			30th		31st	1st		
Timetable		Monday		Tuesday	Wednesday		Thursday			Friday		Saturday	Sunday		
Squad	Hours	KA	Lancing	KA	Wadurs	Lancing	KA	Wadurs	Steyning	Lancing	Steyning	KA	Day Off	KA	
Academy	30 mins 2 x 30 mins											18:00 - 18:30	K2 PAYG <sup>1</sup>	09:00 - 09:30	
Transition	2 hrs											18:30 - 19:00		09:30 - 10:00	
Skills	4		18:30 - 19:30		We have been offered 3 lanes at KA between 08:00 and 09:00 on the 28th to 30th. We hope to be able to offer one swim during these times to members of Performance, Competitive, AGD and Skills. This may require a configuration that does not perfectly align with squads and Matt and Lee will be in contact with individuals to alot session times.							19:00 - 20:00		10:00 - 11:00	
AGD	6.25	06:00 - 07:00		20:00 - 21:15			06:00 - 07:00	19:00 - 20:00						20:00 - 21:00	17:00 - 18:00
Club Red Black	3.25			20:00 - 21:15				19:00 - 20:00						19:00 - 20:00	17:00 - 18:00
Competitive	8.25	06:00 - 07:00					06:00 - 07:15	18:30 - 20:00	06:00 - 07:00		18:30 - 20:00			19:00 - 20:30	
Performance	12	06:00 - 07:00	19:30 - 21:00				06:00 - 07:15	19:30 - 21:00	06:00 - 07:00		18:30 - 20:00	06:00 - 07:15	19:00 - 20:30		18:00 - 19:30
							06:00 - 07:15	19:30 - 21:00	06:00 - 07:00		18:30 - 20:00	06:00 - 07:15	19:00 - 20:30		18:00 - 19:30

Jan-23		2nd		3rd	4th		5th			6th		7th	8th	
Timetable		Monday		Tuesday	Wednesday		Thursday			Friday		Saturday	Sunday	
Squad	Hours	KA	Lancing	KA	Wadurs	Lancing	KA	Wadurs	Steyning	Lancing	Steyning	KA	Day Off	KA
Academy	30 mins 2 x 30 mins												K2 PAYG <sup>1</sup>	09:00 - 09:30
Transition	2 hrs													09:30 - 10:00
Skills	4		18:30 - 19:30			18:30 - 19:30								10:00 - 11:00
AGD	6.25	06:00 - 07:00		20:00 - 21:15	20:10 - 21:10		06:00 - 07:00	19:00 - 20:00				Club Champs 18:00 - 21:00		17:00 - 18:00
Club Red Black	3.25			20:00 - 21:15				19:00 - 20:00						
Competitive	8.25	06:00 - 07:00			06:00 - 07:15 20:10 - 21:10		06:00 - 07:00		18:30 - 20:00		19:00 - 20:30			
Performance	12	06:00 - 07:00	19:30 - 21:00		06:00 - 07:15	19:30 - 21:00	06:00 - 07:00		18:30 - 20:00	06:00 - 07:15	19:00 - 20:30			18:00 - 19:30

<sup>1</sup> Attempts will be made to book 50m K2 throughout the year and these will be on an assigned and pays as you go basis.

Session not running