

	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												18:00 - 18:30	K2 PAYG ¹	09:00 - 09:30
	2 x 30 mins												18:30 - 19:00		09:30 - 10:00
Transition	2 hrs												19:00 - 20:00		10:00 - 11:00
Skills	4		18:30 - 19:30			18:30 - 19:30							20:00 - 21:00		17:00 - 18:00
AGD	6.25	06:00 - 07:00			20:00 - 21:15	20:10 - 21:10		06:00 - 07:00	19:00 - 20:00						17:00 - 18:00
Club	Red Black	3.25			20:00 - 21:15				19:00 - 20:00				19:00 - 20:00 20:00 - 21:00		
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		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		18:00 - 19:30	

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