

Aug-22		1st		2nd		3rd		4th			5th		6th	7th
Squad	Hours	Monday		Tuesday		Wednesday		Thursday			Friday		Saturday	Sunday
		KA	Lancing	KA	Wadurs	Lancing	KA	Wadurs	Steinyng	Lancing	Steinyng	KA	Day Off	KA
Academy	30 mins 2 x 30 mins													
Transition	2 hrs													
Skills	4		18:30 - 19:30			18:30 - 19:30								09:00 - 09:30 09:30 - 10:00 10:00 - 11:00 17:00 - 18:00
AGD	6.25	06:00 - 07:00		20:00 - 21:15	20:10 - 21:10									17:00 - 18:00
Club Red Black	3.25			20:00 - 21:15				19:00 - 20:00						17:00 - 18:00
Competitive	8.25	06:00 - 07:00			06:00 - 07:15 20:10 - 21:10						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	K2 PAYG <sup>1</sup>	18:00 - 19:30

Aug-22		8th		9th		10th		11th			12th		13th	14th
Squad	Hours	Monday		Tuesday		Wednesday		Thursday			Friday		Saturday	Sunday
		KA	Lancing	KA	Wadurs	Lancing	KA	Wadurs	Steinyng	Lancing	Steinyng	KA	Day Off	KA
Academy	30 mins 2 x 30 mins													
Transition	2 hrs													
Skills	4		18:30 - 19:30			18:30 - 19:30								09:00 - 09:30 09:30 - 10:00 10:00 - 11:00 17:00 - 18:00
AGD	6.25	06:00 - 07:00		20:00 - 21:15	20:10 - 21:10									17:00 - 18:00
Club Red Black	3.25			20:00 - 21:15				19:00 - 20:00						17:00 - 18:00
Competitive	8.25	06:00 - 07:00			06:00 - 07:15 20:10 - 21:10						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	K2 PAYG <sup>1</sup>	18:00 - 19:30

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

Aug-22		22nd		23rd		24th		25th			26th		27th	28th
Squad	Hours	Monday		Tuesday		Wednesday		Thursday			Friday		Saturday	Sunday
		KA	Lancing	KA	Wadurs	Lancing	KA	Wadurs	Steinyng	Lancing	Steinyng	KA	Day Off	KA
Academy	30 mins 2 x 30 mins													
Transition	2 hrs													
Skills	4		18:30 - 19:30			18:30 - 19:30								09:00 - 09:30 09:30 - 10:00 10:00 - 11:00 17:00 - 18:00
AGD	6.25	06:00 - 07:00		20:00 - 21:15	20:10 - 21:10									17:00 - 18:00
Club Red Black	3.25			20:00 - 21:15				19:00 - 20:00						17:00 - 18:00
Competitive	8.25	06:00 - 07:00			06:00 - 07:15 20:10 - 21:10						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	K2 PAYG <sup>1</sup>	18:00 - 19:30

Aug-22		29th - Bank Holiday		30th		31st		1st			2nd		3rd	4th
Squad	Hours	Monday		Tuesday		Wednesday		Thursday			Friday		Saturday	Sunday
		KA	Lancing	KA	Wadurs	Lancing	KA	Wadurs	Steinyng	Lancing	Steinyng	KA	Day Off	KA
Academy	30 mins 2 x 30 mins													
Transition	2 hrs													
Skills	4		18:30 - 19:30			18:30 - 19:30								09:00 - 09:30 09:30 - 10:00 10:00 - 11:00 17:00 - 18:00
AGD	6.25	06:00 - 07:00		20:00 - 21:15	20:10 - 21:10									17:00 - 18:00
Club Red Black	3.25			20:00 - 21:15				19:00 - 20:00						17:00 - 18:00
Competitive	8.25	06:00 - 07:00			06:00 - 07:15 20:10 - 21:10						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	K2 PAYG <sup>1</sup>	18:00 - 19:30