

12th April

 Club Timetable From 12th April 2021		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
		KA	KA	Lancing	KA	Steyning	Steyning	KA	Day Off
Academy	30 mins						18.00 - 18.30		10.00 - 11.00
	2 x 30 mins						18.30 - 19.00		
Pre-Squad	1 hr						18.00 - 19.00		
Transition	2 hrs						19.00 - 20.00		10.00 - 11.00
Skills	3 hrs			18.45 - 19.45			20.00 - 21.00		11.00 - 12.00
AGD	6.5 hrs	06.00 - 07.30	18.00 - 19.00	19.45 - 21.15		18.30 - 19.30			16.00 - 17.30
Club Red Black	3.5 hrs		18.00 - 19.00				19.00 - 20.00		16.00 - 17.30
							20.00 - 21.00		
Competitive	8	06.00 - 07.30	19.00 - 21.00	19.45 - 21.15	06.00 - 07.30				17.30 - 19.00
Performance	9	06.00 - 07.30	19.00 - 21.00		06.00 - 07.30	19.30 - 21.00	19.00 - 20.00	17.30 - 19.00	

Return to Standard Programme

2nd May

 Club Timetable From 2nd May 2021		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
		KA	Lancing	KA	Lancing	KA	Steyning	Lancing	Steyning	KA	Day Off
Academy	30 mins								18.00 - 18.30		10.00 - 11.00
	2 x 30 mins								18.30 - 19.00		
Pre-Squad	1 hr								18.00 - 19.00		
Transition	2 hrs								19.00 - 20.00		10.00 - 11.00
Skills	4 hrs		18.45 - 19.45		18.45 - 19.45				20.00 - 21.00		11.00 - 12.00
AGD	6.5 hrs	06.00 - 07.30		18.00 - 19.00	19.45 - 21.15		18.30 - 19.30				16.00 - 17.30
Club Red Black	3.5 hrs			18.00 - 19.00					19.00 - 20.00		16.00 - 17.30
									20.00 - 21.00		
Competitive	9.5	06.00 - 07.30		19.00 - 21.00	19.45 - 21.15	06.00 - 07.30					K2 ¹
Performance	14.5	06.00 - 07.30	19.45 - 21.15	19.00 - 21.00		06.00 - 07.30	19.30 - 21.00	06.00 - 07.30	19.00 - 21.00	08.30 - 10.00 17.30 - 19.00	

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