

2023 TIMETABLE (STARTING SUNDAY 30TH APRIL 2023)

	Turtles/ Seahorses/ Starfish [LTS]	Dolphins [LTS]	Sharks [LTS]	Adults [LTS]	Junior Develop- ment 1	Junior Develop- ment 2	Junior Develop- ment 3	County	Regional	National Age	National Youth	Masters	Club	Water Polo
Monday AM									Wyndley	Wyndley	Wyndley	Wyndley		
Time									05.00 - 07.00	05.00 - 07.00	05.00 - 07.00	05.00 - 07.00		
Monday PM		Erdington	Erdington		Erdington	Erdington	Castle Vale	Erdington	Erdington	Castle Vale	Castle Vale	Erdington	Erdington	
Time		19:15 - 19:45	19:00 - 19:45		19.00 - 19.45	19.00 - 19.45	16.30 - 17.45	19.30 - 20.45	20.30 - 22.00	17.30 - 19.30	19.15 - 21.30	20.45 - 22.00	19.45 - 20.45	
Land Training							18.00 - 18.30		20.00 - 20.30		18.30 - 19.15	20.00 - 20.30		
Tuesday	Castle Vale	Wyndley	Wyndley		Castle Vale	Castle Vale	Wyndley		Wyndley		Wyndley		Wyndley	Wyndley
Time	16:30 - 18:00 (30min Sessions)	19:00 - 19:30 / 19:30 - 20:00	19:00 - 20:00		17.45 - 19.00	17.45 - 19.00	18.45 - 20.30		19:45 - 21:30 (Invite Only)		19:45 - 21:30		19.00 - 20.30	20.30-22.00
Wednesday	Castle Vale								Erdington	Erdington	Castle Vale	Castle Vale		
Time	17:00 - 19:00 (30min Sessions)								19.45 - 21.30	19.45 - 21.30	18:45 - 20:30	20.30 - 22.00		
Thursday PM		Wyndley	Wyndley		Wyndley	Wyndley	Castle Vale	Wyndley	Wyndley	Castle Vale	Wyndley	Wyndley	Wyndley	
Time		18.30 - 19.00 / 19:00 - 19.30	18.30 - 19.30		19.30 - 20.30	19.15 - 20.30	18:45 - 21:00	19.15 - 20.30	19.15 - 21.30	18:45 - 21:00	19:15 - 21:30	20.30 - 22.00	20.30 - 22.00	
Friday AM									Wyndley	Wyndley	Wyndley	Wyndley		
Time									05.00 - 07.00	05.00 - 07.00	05.00 - 07.00	05.00 - 07.00		
Friday PM						Castle Vale	Castle Vale	Wyndley	Snowdome		Snowdome	Snowdome	Wyndley	
Time						18.45 - 20.30	18.45 - 20.30	19.45 - 21.30	19.45 - 21.30		19.45 - 21.30	19.45 - 21.30	20.00 - 21.30	
Land Training									19.00 - 19.45		19.00 - 19.45	19.00 - 19.45		
Saturday					Castle Vale		Castle Vale			Castle Vale	Tamworth			
Time					07.45 - 09.30		07.45 - 09.30			06.15 - 08.00	06.30 - 08.30			
Land Training											08.45 - 09.30			
Sunday	Castle Vale	Wyndley	Wyndley	Castle Vale	Wyndley	Wyndley	Wyndley	Wyndley		Wyndley		Wyndley		Wyndley
Time	13:15 - 14:45 (30min Sessions)	15.30 - 16.00 / 16.00 - 16.30	15.30 - 16.30	15.15 - 15.45	15.15 - 17.00	15.15 - 17.00	13.45 - 15.30	15.15 - 17.00		13.45 - 15.30		15.30 - 17.00		17.00 - 22.00
Land Training										15.45 - 16.45				