

Timetable from 5th June until Summer Timetable begins

	Turtles/ Seahors es/ Starfish [LTS]	Dolphins [LTS]	Sharks [LTS]	Adults [LTS]	Junior Develop - ment 1	Junior Develop - ment 2	Junior Develop - ment 3	County	Regiona l	National Age	National Youth	Masters	Club	Water Polo	
Monday AM									Wyndley	Wyndley	Wyndley	Wyndley			
Time									05:00- 06:30	05:00- 06:30	05:00- 06:30	05:00- 06:30			
Land Training									06:30- 07:00	06:30- 07:00	06:30- 07:00	06:30- 07:00			
Monday PM	Castle Vale	Erdington	Erdington		Erdingto n	Erdingto n	Castle Vale	Erdingto n	Erdingto n	Age Session Moved to Tuesday	Castle Vale	Erdingto n	Erdingto n		
Time		19:15 - 19:45	19:00 - 19:45		19.00 - 19.45	19.00 - 19.45	16:30- 1800	19.30 - 20.45	20.30 - 22.00			19.15 - 21.30	20.45 - 22.00	19.45 - 20.45	
Land Training							18:15- 18:45		20.00 - 20.30			18:45- 19:20	20.00 - 20.30		
Tuesday	Castle Vale	WyndleySh allow	WyndleySh allow	WyndleySh allow	Castle Vale	Castle Vale	Wyndley Deep			WyndleySh allow	WyndleySh allow		Wyndley Deep	Wyndley Deep	
Time	16:30 - 18:00 (3 x 30min)	19:00 - 19:30 / 19:30 - 20:00	19:00 - 20:00		17.45 - 19.00	17.45 - 19.00	19:00- 20:30			19:45 - 21:30	19:45 - 21:30		19:00- 20:30	20.30- 22.00	
Wednes day	Castle Vale								Erdingto n	Erdington	Castle Vale	Castle Vale			
Time	17:00 - 19:00 (4 x 30min)								19.45 - 21.30	19.45 - 21.30	19:00 - 20:30	20.30 - 22.00			
Thursda y PM		Wyndley	Wyndley		Wyndley	Wyndley	Castle Vale	Wyndley	Wyndley Shallow	WyndleyD eep	Wyndley D eep	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	20:30- 22:00	19:15 - 21:30	19:15 - 21:30	20.30 - 22.00	20.30 - 22.00		

Friday AM										Wyndley	Wyndley	Wyndley	Wyndley		
Time										05:00-06:30	05:00-06:30	05:00-06:30	05:00-06:30		
Land Training										06:30-07:00	06:30-07:00	06:30-07:00	06:30-07:00		
Friday PM						Castle Vale	Castle Vale	Wyndley Deep	Snowdome		Snowdome	Snowdome	Wyndley Deep		
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 Deep		Wyndley Deep		Wyndley Deep	
Time	13:15 - 14:45 (3 x 30min)	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					
Total Pool	5	3.5	3.75	1	5	6.75	9.5	4.5	9	11	14.5	9.75	5.5	6.5	

Please note that there will be specific, invitation only skills sessions on Mondays at CV for the duration of this timetable. These sessions will be for swimmers in JD1, JD2, JD3, National Age and National Youth. Swimmers will be identified by coaches.