

# SEPTEMBER 2023 TIMETABLE (FROM TUESDAY 29TH AUGUST 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
<b>Monday AM</b>									Wyndley	Wyndley	Wyndley	Wyndley		
<b>Time</b>									05.00 - 07.00	05.00 - 07.00	05.00 - 07.00	05.00 - 06.30		
<b>Monday PM</b>		Erdington	Erdington		Erdington	Castle Vale	Castle Vale	Erdington	Erdington		Castle Vale	Erdington	Erdington	
<b>Time</b>		19.15 - 19.45	19.00 - 19.45		18.45 - 19.45	16.30 - 18.00	16.30 - 18.00	19.30 - 20.45	20.30 - 22.00		19.15 - 21.30	20.45 - 22.00	19.45 - 20.45	
<b>Land Training</b>						18.15 - 18.45	18.15 - 18.45		20.00 - 20.30		18.45 - 19.15			
<b>Tuesday</b>	Castle Vale	Wyndley	Wyndley		Castle Vale	Castle Vale	Wyndley	Castle Vale		Wyndley	Wyndley		Wyndley	Wyndley
<b>Time</b>	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	17.45 - 19.00		19.45 - 21.30	19.45 - 21.30		19.00 - 20.30	20.30-22.00
<b>Wednesday</b>	Castle Vale								Erdington	Erdington	Castle Vale	Castle Vale		
<b>Time</b>	17.00 - 19.00 (30min Sessions)								19.45 - 21.30	19.45 - 21.30	18.45 - 20.30	20.30 - 22.00		
<b>Thursday PM</b>		Wyndley	Wyndley		Wyndley	Wyndley	Castle Vale	Castle Vale	Wyndley	Wyndley	Wyndley	Wyndley	Wyndley	
<b>Time</b>		18.30 - 19.00 / 19:00 - 19.30	18.30 - 19.30		19.15 - 20.30	19.15 - 20.30	18.45 - 20:30	18.45 - 20.30	20.30 - 22.00	19.15 - 21.30 (Invite ONLY)	19:15 - 21:30	20.30 - 22.00	20.30 - 22.00	
<b>Friday AM</b>									Wyndley	Wyndley	Wyndley	Wyndley		
<b>Time</b>									05.00 - 07.00	05.00 - 07.00	05.00 - 07.00	05.00 - 06.30		
<b>Friday PM</b>							Castle Vale	Wyndley	Snowdome		Snowdome	Snowdome	Wyndley	
<b>Time</b>							18.45 - 20.30	19.45 - 21.30	19.45 - 21.30		19.45 - 21.30	19.45 - 21.30	20.00 - 21.30	
<b>Land Training</b>							18.00 - 18.45							
<b>Saturday</b>					Castle Vale	Castle Vale				Castle Vale	Tamworth			
<b>Time</b>					08.15 - 09.30	08.15 - 09.30				06.15 - 08.30	06.30 - 08.30			
<b>Land Training</b>											08.45 - 09.30			
<b>Sunday</b>	Castle Vale	Wyndley	Wyndley	Castle Vale	Wyndley	Wyndley	Wyndley	Wyndley		Wyndley				Wyndley
<b>Time</b>	13:15 - 14:45 (30min Sessions)	15.30 - 16.00 / 16.00 - 16.30	15.30 - 16.30	15.15 - 15.45	15.45 - 17.00	13.45 - 15.00	15.15 - 17.00	14.45 - 16.00		13.45 - 15.30				17.00 - 22.00
<b>Land Training</b>										15.45 - 16.45				