

Group	AG	AY	BC1	BC2	BC3	D
Monday	No Swimming			Woodlands 20:30-21:30 Emily / Bal 01:00		Woodlands 19:15 - 20:15 Emily 01:00
Tuesday AM	Lonsdale 6:30 - 7:30am Dave/ Lina <i>Swimmers have been selected based on historic regular attendance to this session without braking the bubbles.</i>		No Swimming			
Tuesday PM	Queens 19:20 - 20:30 Bal 01:10	Lonsdale 19:20 - 21:00 Dave 01:40	Queens 18:15-19:15 Lina 01:00	No Swimming		
Wednesday	No Swimming	No Swimming	Lonsdale 18:10 - 19:10 Doug 01:00	Lonsdale 19:20 - 20:20 Doug/Bal 01:00	Lonsdale 20:30 - 21:30 Fran/Dave 01:00	No Swimming
Thursday	No Swimming					
Friday	Lonsdale 19:50 - 21:35 Emily 01:45	Ashbourn 18:30 - 20:00 Camilla/Lina 01:30	No Swimming	No Swimming	Queens 19:30 - 21:00 Dave 01:30	Lonsdale 18:40-19:40 Emily 01:00
Saturday	Lonsdale 8:30 - 10:00 Dave 01:30	Lonsdale 7:00 - 8:20 Lina 01:20	No Swimming			
Sunday	Repton 19:30 - 20:25 Doug 00:55	Repton 20:35 - 21:30 Camilla 00:55	Lonsdale 15:30 - 16:45 Dave 01:15	Lonsdale 16:55 - 18:35 Dave 01:40	Lonsdale 18:45 - 19:55 Fran 01:10	No Swimming

Hours

05:20

05:25

03:15

03:40

03:40:00

02:00