Pool Plan Sept 2024

Sun

	Bath	
	Lane 1	Lane 2
11:00-11:30	Perf	Junior Perf
11:30-12:00		
12:00-12:30		
12:30-13:00		

	Yate(pm)					
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
17:30-18:00	Swim Dev					
18:00-18:30						
18:30-19:00	Skills 1		Skills 2		Academy	
19:00-19:30						
19:30-20:00	Masters					
20:00-20:30						

Mon

	Yate (pm)					
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
19:00-19:30	Junior Performance		Performance			
19:30-20:00						
20:00-20:30						

Tues

	Land training - Crossbow House, Frampton Cotterell		
18:15 - 19:00	Skills 1	Skills 2	Academy
19:15 - 20:15	Junior Perf	Performance	

Wed

	Bath (pm)	
	Lane 7	Lane 8
19:15 - 19:30	Performance	
19:30 - 20:00		
20:00 - 20:30		
20:30 - 21:00		

	Yate (pm)					
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
18:30-19:00	Skills 1		Skills 2		Academy	
19:00-19:30						

Thurs

	Yate (pm)					
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
18:00-18:30	Junior Performance		Performance			
18:30-19:00						
19:00-19:30						

Fri

	Yate (am)					
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
06:15 - 06:45	Academy	Masters	Junior Performance	Performance		
06:45 - 07:15						

	Yate (pm)					
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
18:30-19:00	Swim Dev		Skills 1		Academy	
19:00-19:30						
19:30-20:00	Masters		Skills 2			
20:00-20:30						
20:30-21:00	Performance				Junior Performance	
21:00-21:30						