





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>15<sup>th</sup> January</b>	<b>16<sup>th</sup> January</b>	<b>17<sup>th</sup> January</b>	<b>18<sup>th</sup> January</b>	<b>19<sup>th</sup> January</b>	<b>20<sup>th</sup> January</b>	<b>21<sup>st</sup> January</b>
<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6:45-9:00 Senior Squad 9:00 – 10:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Senior Performance/Junior Performance/National Target 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance 6:45-9:00 Senior Squad 7:00 – 8:30 Junior Black 9:00 – 10:30 Junior Blue 10:30 – 11:30</p> <p><b>PM</b> Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Senior Performance/Junior Performance/National Target 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance/National Target 6:45-9:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Senior Performance/Junior Performance/National Target 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / National Target 6:45-9:00 Senior Squad 7:00 – 8:30 Junior Black 9:00 – 10:30 Junior Blue 10:30 – 11:30</p> <p><b>PM</b> Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Junior Performance 4:00-6:00</p> <p>Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6.45-9:00 Senior Squad 9:00 – 10:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> NO SQUADS</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Performance Squad 6.45-9:00 Senior Squad 9:00 – 10:00 Junior Black 9:00 – 10:30 Junior Blue 10:30 – 11:30</p> <p><b>PM</b> Senior Squad 2.00-3.30</p> <p>ADULT 3.30-4.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6:45-9:00 Senior Squad 9:00 – 10:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Senior Performance/Junior Performance/National Target 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>
<b>22<sup>nd</sup> January</b>	<b>23<sup>rd</sup> January</b>	<b>24<sup>th</sup> January</b>	<b>25<sup>th</sup> January</b>	<b>26<sup>th</sup> January</b>	<b>27<sup>th</sup> January</b>	<b>28<sup>th</sup> January</b>
<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6:45-9:00 Senior Squad 9:00 – 10:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Senior Performance/Junior Performance/National Target 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance 6:45-9:00 Senior Squad 7:00 – 8:30 Junior Black 9:00 – 10:30 Junior Blue 10:30 – 11:30</p> <p><b>PM</b> Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Senior Performance/Junior Performance/National Target 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6:45-9:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> Junior Black 3:00 – 4:30 Junior Blue 4:30 – 5:30 Senior Performance/Junior Performance/National Target 4:00 – 6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / National Target 6:45-9:00 Senior Squad 7:00 – 8:30 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> Junior Blue 3:00 – 4:00 Junior Black 4:00 – 5:30 Junior Performance 4:00-6:00 Senior Squad 5:30 – 6:30</p> <p>ADULT 6.30-7.30</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6.45-9:00 Senior Squad 9:00 – 10:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> POOL CLOSED</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6:45-9:00 Senior Squad 9:00 – 10:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> POOL CLOSED</p>	<p>ADULT 5.30-6.30</p> <p><b>AM</b> Senior Performance / Junior Performance / National Target 6:45-9:00 Senior Squad 9:00 – 10:00 Junior Blue 9:00 – 10:00 Junior Black 10:00 – 11:30</p> <p><b>PM</b> POOL CLOSED</p>