

# Pool Plan from January 2019

Sun							
Bath		Yate(pm)					
Lane 1	Lane 2	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	
11:00-11:30	Jun Per	Perf	Swim Dev				
11:30-12:00							
12:00-12:30							
12:30-13:00							
			Skills 2		Skills 1		
		Academy	Club		Junior Club		
			Masters				

Mon						
Yate (pm)						
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
18:00-18:30					Skills 2	
18:30-19:00						
19:00-19:30	Junior Performance		Jnr Club		Performance	
19:30-20:00			Club			
20:00-20:30						
20:30-21:00						

Tues							
Yate (am)			Land Training - Frampton				
Lane 1	Lane 2	Lane 3	Lane 1	Lane 2	Lane 3	Lane 4	
06:00-06:30	Open to all squads	Performance		Academy	Jnr Club	Skills 2	Skills 1
06:30-07:00							
			Performance		Jnr Performance		

Wed						
Bath (pm)		Yate (pm)				
Lane 7	Lane 8	Lane 3	Lane 4	Lane 5	Lane 6	
19:00-19:30	Performance		Skills 2		Skills 1	
19:30-20:00						
20:00-20:30						
20:30-21:00						

Thurs						
Yate (pm)						
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
18:00-18:30					Performance	
18:30-19:00	Academy	Junior Performance				
19:00-19:30						
19:30-20:00						

Fri							
Yate (am)			Yate (pm)				
Lane 1	Lane 2	Lane 3	Lane 1	Lane 2	Lane 3	Lane 4	
06:00-06:30	Jun Per	performance		Swim Dev		Jnr Club	Skills 1
06:30-07:00							
			Masters		Academy	Skills 2	

  

Bradley Stoke (pm)						
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	
20:00-20:30	Junior Performance		Club		Performance	
20:30-21:00						
21:00-21:30						