

Pool Plan - 2011/12 - 25th Feb Onward

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sun (PM)	5.00 - 5.30						
	5.30 - 6.00	Swim Dev		Swim Dev		Swim Dev	
	6.00 - 6.30	Sk Dev			Swim Dev		
	6.30 - 7.00	Sk Dev			Swim Dev		
	7.00 - 7.30				Red 2		
	7.30 - 8.00				MASTERS		

LAND TRAINING - THORBURY	
5.45-6.45	R1 and Invites

		Thornbury					
		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
7-00-7.30		Red 1/Red 2 Invite			Green 1/Seniors		
7.30-8.00		Red 1/Red 2 Invite			Green 1/Seniors		
8.00-8.30		Red 1/Red 2 Invite			Green 1/Seniors		

Mon (PM)	7.00 - 7.30	Red 1	Red 2
	7.30 - 8.00		
	8.00 - 8.30		Sk Dev
	8.30 - 9.00		

		Lane 1	Lane 2	Lane 3
Tue (AM)	6.00 - 6.45	Red 1 Inv	Red 2 Inv	
	6.45 - 7.30			

		Lane 1	Lane 2	Lane 3
Wed (AM)	6.00 - 6.45	Sk Dev	Red 1 Inv	
	6.45 - 7.30			

		Bath (50m)		
		Lane 1	Lane 2	Lane 3
Wed (PM)	7.00 - 7.30	Red 1	Green 1	
	7.30 - 8.00			
	8.00 - 8.30			
	8.30 - 9.00			

		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Thu (PM)	6.00 - 6.30	Red 1	Green 1	Red 2			
	6.30 - 7.00						
	7.00 - 7.30						
	7.30 - 8.00						

		Lane 1	Lane 2
Fri (AM)	6.00 - 6.45	Red1 Inv	
	6.45 - 7.30		

Fri (PM)	7.00 - 7.30	Sk Dev	Swim Dev	Bradley Stoke					
	7.30 - 8.00								
	8.00 - 8.30		Red 2	8.00 - 8.30	Red 1	Green 1	8.30 - 9.00	9.00 - 9.30	
	8.30 - 9.00								
	9.00 - 9.30								