

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
08:00													
08:30													
09:00													
09:30	DROP IN 9.30-11.30	9:30 - 10.10 - FUN FOR BABY		9:30 - 10.10 - HAPPY HOUR		GIRLS SQUAD 8-12 - CAROLYN							
10:00		10:30 - 11:15 - SEALS		10:30 - 11:15 - SEALS	10:30 - 11:15 - SEALS		GIRLS INTERMEDIATES 9-12 - SARAH	DROP-IN 10-12 EVERYONE WELCOME £5.00 FOR 2 HOURS <i>Please check facebook to make sure it is running</i>					
10:30							GIRLS DEVELOPMENT 10-12 - LIV						
11:00		11:30 - 12:15 - SHARKS		11:30 - 12:15 - SHARKS	11:30 - 12:15 - SHARKS	BOYS SQUAD 8-12 - KATIE							
11:30													
12:00													
12:30		12:30 - 13:15 - DOLPHINS		12:30 - 13:15 - DOLPHINS	12:30 - 13:15 - DOLPHINS								
13:00													
13:30	13:30 - 14:15 - DOLPHINS (INVITE ONLY)	1-2-1 SESSION FOR DISABILITY	GIRLS SQUAD 1-7 - CAROLYN										
14:00					SANDFORD SCHOOL SESSION								
14:30						1-2-1 SESSION FOR DISABILITY							
15:00													
15:30													
16:00	GIRLS SQUAD 4-8 - CAROLYN	GIRLS SQUAD 4-7 - SARAH	NOVICE 4-7 - MEG	GIRLS INTERMEDIATES 4-8 - SARAH	GIRLS SQUAD 4-7 - SARAH (part squad)	BOYS SQUAD 4-7 - KATIE	ADULTS 5-7 - SARAH						
16:30								GIRLS DEVELOPMENT 4-6 - LIV	BOYS INTERMEDIATE 4-6 - KATIE	REC 4-5	REC 4-5	REC 4-5	REC 4-6 (2HRS)
17:00										REC 5-6	REC 5-6	REC 5-6	REC 4-6 (2HRS)
17:30													
18:00													
18:30													
19:00													
19:30													
20:00													
20:30													
21:00													

- Girls Squads**
- 17hrs Girls Squad - Carolyn
  - 10hrs Intermediates - Sarah
  - 6hrs Novice - Meg
  - 4hrs Development - Liv

- Boys Squads**
- 11hrs Boys Squad - Katie
  - 4hrs Intermediates - Katie
  - 2-4hrs Boys Development Squad - Archie

- Other**
- Free Running - Freddie & Dave
  - Recreational
  - Adults - Sarah
  - Pre-School - Jill, Liz, Abbie & Meg
  - Disability gym - Katie