

| SQUAD | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------|----|---------------------|--|---|-----------------------|--|--|--|
| Senior Sprint | AM | | 05.30-07.45 Vale | | 05:30 - 07:45 Vale | | 05:30-08:15 Vale | |
| | PM | 18:45-20:00 Vale | | | 20:00-21:30 Vale | | | 17:00-20:15 Vale |
| Junior Sprint | AM | | | 05.20-06:45 Vale | 05:30-07:45 Vale | | 06:45-09:00 Vale | |
| | PM | 19:45-21:00 Vale | | | 20:00-21:30 Vale | | | 17:00-20:15 Vale |
| A Squad | AM | 05.30-07.45 Vale | 05.30-07.45 Vale | | 05.30-07.45 Vale | 05.30-07.45 Vale | 05.30-08:00 Vale | |
| | PM | 17:00-19:15 CLC | 17:00-19:15 CLC | | 17:30-19:30 CLC | | | |
| B Squad | AM | 05.30-07.45 Vale | | 05.20-06:45 Vale | | 06:00 - 07:45 Vale | 06:30-09:00 Vale | |
| | PM | | 18:15 - 19:30 Vale | | 18:30 - 20:30 Vale | 18:00 - 20:15 Vale | | |
| C Squad | AM | | | 05.20-06:45 Vale | | 06:00 - 07:45 Vale | | |
| | PM | | 17:45 - 18:45 Vale | | 18:30- 20:30 Vale | 18:00 - 20:15 Vale | | |
| Skills 2 | PM | | 1700-1715 LAND 1715-1800 POOL Vale | | | 1715-1730 LAND 1730-1815 POOL Vale | 1630-1645 LAND 1645-1800 POOL Vale | 1645-1700 LAND 1700-1800 POOL Vale |
| | PM | | | | | 1645-1700 LAND 1700-1730 POOL Vale | 1545-1600 LAND 1600-1645 POOL Vale | 1545-1600 LAND 1600-1700 POOL Vale |
| Skills 1:3 | PM | | 1630-1645 LAND 1645-1715 POOL Vale | | | | 1545-1600 LAND 1600-1645 POOL Vale | 1545-1600 LAND 1600-1700 POOL Vale |
| | | | | 17:00-17:45 LAND 18:00-19:00 POOL Clydebank | | | 09:00-10:15 Clydebank | |
| Foundation Vale 1 | PM | | | | | 17:00-17:30 Vale | 15:30-16:00 Vale | |
| Foundation Vale 2 | PM | | | | 18:30-19:00 Vale | 18:30-19:00 Vale | | |
| Foundation Vale 3 | PM | | 16:15-16:45 Vale | | | 18:00-18:30 Vale | | |
| Foundation Vale 4 | PM | | | | | 17:30-18:00 Vale | | 15:30-16:00 Vale |
| Foundation Clydebank 1 | PM | | 17:00-1730 Clydebank | 17:30-18:00 Clydebank | | | | |
| Foundation Clydebank 2 | PM | | 17:30-18:00 Clydebank | 17:30-18:00 Clydebank | | | | |
| Foundation Plus 2 | PM | | 18:00-19:15 Clydebank | | | | 16:30-16:45 LAND 16:45-18:00 POOL Vale | 16:45-17:15 LAND 17:15-18:00 POOL Vale |
| | PM | | 18:00-19:15 Clydebank | | | | 16:30-16:45 LAND 16:45-18:00 POOL Vale | |
| Foundation Plus 1.2 | PM | | | | | 16:30-16:45 LAND 16:45-18:00 POOL Vale | 16:45-17:15 LAND 17:15-18:00 POOL Vale | |