

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 CLC 2	PM		18:00-19:15 Clydebank	17:00-17:15 LAND 17:30-19:00 POOL Clydebank		17:30-18:30 Clydebank		
Foundation Plus CLC 1	PM			17:00-17:15 LAND 17:30-19:00 POOL Clydebank		17:30-18:30 Clydebank		
Foundation Plus Vale 2	PM				19:30-20:45 Vale		16:30-16:45 LAND 16:45-18:00 POOL Vale	16:45-17:15 LAND 17:15-18:00 POOL Vale
Foundation Plus Vale 1	PM						16:30-16:45 LAND 16:45-18:00 POOL Vale	16:45-17:15 LAND 17:15-18:00 POOL Vale