

10th Aug to 30th Aug - RETURN TO THE POOL
Hartsdown Leisure Centre

Day	Squad	Hours Lane 1	Squad	Hours Lane 2	Squad	Hours Lane 3	Squad	Hours Lane 4	Squad	Hours Lane 5	Squad	Hours Lane 6
Monday	Junior Competition	5.30pm - 6.30pm	Junior Competition	5.30pm - 6.30pm	Junior Competition	5.40pm - 6.40pm	Junior Competition	5.40pm - 6.40pm	Junior Performance	5.50pm - 6.50pm	Junior Performance	5.50pm - 6.50pm
	Age Group Performance	6.35pm - 7.35pm	Age Group Performance	6.35pm - 7.35pm	Youth Performance	6.45pm - 7.45pm	Youth Performance	6.45pm - 7.45pm	Youth Performance	6.55pm - 7.55pm	Youth Performance	6.55pm - 7.55pm
Tuesday	Youth Performance	6.00am - 7.00am	Youth Performance	6.00am - 7.00am	Youth Performance	6.10am - 7.10am	Youth Performance	6.10am - 7.10am	Youth Performance	6.20am - 7.20am	Youth Performance	6.20am - 7.20am
	Junior Skills	4.00pm - 5.00pm	Junior Skills	4.00pm - 5.00pm	Junior Skills	4.10pm - 5.10pm	Junior Skills	4.10pm - 5.10pm	Age Group Performance	4.20pm - 5.20pm	Age Group Performance	4.20pm - 5.20pm
	Youth Performance	5.05pm - 6.05pm	Youth Performance	5.05pm - 6.05pm	Youth Performance	5.15pm - 6.15pm	Youth Performance	5.15pm - 6.15pm	Senior Competition	5.25pm - 6.25pm	Senior Competition	5.25pm - 6.25pm
	Senior Competition	6.10pm - 7.40pm	Senior Competition	6.10pm - 7.40pm	Senior Competition	6.20pm - 7.50pm	Senior Competition	6.20pm - 7.50pm	Senior Competition	6.30pm - 8.00pm	Senior Competition	6.30pm - 8.00pm
Wednesday	Senior Competition	6.00am - 7.00am	Senior Competition	6.00am - 7.00am	Senior Competition	6.10am - 7.10am	Senior Competition	6.10am - 7.10am	Senior Competition	6.20am - 7.20am	Senior Competition	6.20am - 7.20am
	Age Group Performance	4.00pm - 5.00pm	Age Group Performance	4.00pm - 5.00pm	Age Group Performance	4.10pm - 5.10pm	Junior Performance	4.10pm - 5.10pm	Junior Performance	4.20pm - 5.20pm	Junior Performance	4.20pm - 5.20pm
	Youth Performance	5.05pm - 6.05pm	Youth Performance	5.05pm - 6.05pm	Youth Performance	5.15pm - 6.15pm	Youth Performance	5.15pm - 6.15pm	Youth Performance	5.25pm - 6.25pm	Youth Performance	5.25pm - 6.25pm
Thursday	Age Group Performance	6.00am - 7.00am	Age Group Performance	6.00am - 7.00am	Age Group Performance	6.10am - 7.10am	Age Group Performance	6.10am - 7.10am	Masters	6.20am - 7.20am	Masters	6.20am - 7.20am
	Age Group Performance	4.00pm - 5.30pm	Age Group Performance	4.00pm - 5.30pm	Age Group Performance	4.10pm - 5.40pm	Junior Performance	4.10pm - 5.40pm	Junior Performance	4.20pm - 5.50pm	Junior Performance	4.20pm - 5.50pm
	Youth Performance	5.35pm - 7.35pm	Youth Performance	5.35pm - 7.35pm	Youth Performance	5.45pm - 7.45pm	Youth Performance	5.45pm - 7.45pm	Youth Performance	5.55pm - 7.55pm	Youth Performance	5.55pm - 7.55pm
Friday	Junior Competition	5.30pm - 6.30pm	Junior Competition	5.30pm - 6.30pm	Junior Competition	5.40pm - 6.40pm	Junior Competition	5.40pm - 6.40pm	Senior Competition	5.50pm - 6.50pm	Senior Competition	5.50pm - 6.50pm
	Senior Competition	6.35pm - 7.35pm	Senior Competition	6.35pm - 7.35pm	Senior Competition	6.45pm - 7.45pm	Senior Competition	6.45pm - 7.45pm	Senior Competition	6.55pm - 7.55pm	Senior Competition	6.55pm - 7.55pm
Sunday	Academy Silver	3.00pm - 3.45pm	Academy Silver	3.00pm - 3.45pm	Academy Silver	3.10pm - 3.55pm	Academy Silver	3.10pm - 3.55pm	Academy Silver	3.20pm - 4.05pm	Academy Silver	3.20pm - 4.05pm
	Academy Gold	3.50pm - 4.50pm	Academy Gold	3.50pm - 4.50pm	Academy Gold	4.00pm - 5.00pm	Academy Gold	4.00pm - 5.00pm	Junior Skills	4.10pm - 5.10pm	Junior Skills	4.10pm - 5.10pm
	Development Gold (+3)	4.55pm - 5.55pm	Development Gold (+3)	4.55pm - 5.55pm	Development Gold (+3)	5.05pm - 6.05pm	Development Gold (+3)	5.05pm - 6.05pm	Junior Skills	5.15pm - 6.15pm	Junior Skills	5.15pm - 6.15pm
	Development Silver	6.00pm - 7.00pm	Development Silver	6.00pm - 7.00pm	Development Silver	6.10pm - 7.10pm	Development Silver	6.10pm - 7.10pm	Development Silver	6.20pm - 7.20pm	Development Silver	6.20pm - 7.20pm