

**Half term planner: (all sessions at HV)**

<b>Squads:</b>	<b>Monday PM:</b>	<b>Tuesday AM:</b>	<b>Tuesday PM:</b>	<b>Wednesday AM:</b>	<b>Wednesday PM:</b>	<b>Thursday AM:</b>	<b>Thursday PM:</b>	<b>Friday AM:</b>	<b>Friday PM:</b>	<b>Saturday AM:</b>
<b>Nationals:</b>	2-4	8-10.30	4-6	8-10.30	4-6	8-10.30	3-5	8-10.30	3-5 (10 <sup>th</sup> )	10.15-12.45
<b>District:</b>	2-4	8-10.30	4-6	8-10.30	2-4	8-10.30	3-5 (8 <sup>th</sup> )	8-10.30 (9 <sup>th</sup> )	3-5	8.15-10.15
<b>County:</b>	2-4	8-10.30	4-6		2-4	8-10.30	3-5 (8 <sup>th</sup> )	8-10.30 (9 <sup>th</sup> )	3-5	8.15-10.15
<b>Junior A:</b>	2-4	10.30-12.30		8-10.30	2-4 (7 <sup>th</sup> )	10.30-12.30		10.30-12	3-5 (8 <sup>th</sup> )	8.15-10.15
<b>Junior B:</b>		10.30-12.30	4-6 (6 <sup>th</sup> )		2-4 (5 <sup>th</sup> )	10.30-12.30		10.30-12		8.15-10.15
<b>Panthers:</b>		10.30-11.30		10.30-11.30		10.30-11.30				8.15-9.15
<b>Cougars:</b>			6-7	10.30-11.30			5-6			12.45-1.45
<b>Cubs:</b>			6-7	10.30-11.30			5-6			12.45-1.45
<b>Club:</b>			6-7	10.30-11.30			5-6		3-4 (5 <sup>th</sup> )	8.15-9.15

**All Island Games swimmers Train With Nationals!!**

If there is a session with a bracket the number in the bracket means you can only attend that session if you are doing certain number of sessions  
 Example : (6<sup>th</sup>) means you can only do this if you are doing 6 sessions or more.

Please don't turn up to sessions which you shouldn't be at.

**Nationals / Dist / County / Juniors A/B;** MUST BRING LAND WORK KIT TO POOL (can leave it there) this includes trainers