

New Timetable for Squads as from September 2010

SWORDFISH-NPTS STAGES 1,2 AND 3

OPTION ONE= 1 x half hour swim lesson

MONDAY 6.30pm-7.00pm

Leisure centre

OPTION TWO= 2 x half hour swim lesson to include

THURSDAY

6.00pm-6.30pm REDRUTH SCHOOL

SWORDFISH-NPTS STAGES 4 + 5

MONDAY 6.30pm-7.00pm

Leisure centre

THURSDAY

6.00pm-6.30pm REDRUTH SCHOOL

DOLPHINS-NPTS STAGES 6-8

MONDAY 7.00pm-7.30pm Leisure Centre

THURSDAY 6.30pm-7.30pm REDRUTH SCHOOL

SHARKS-NPTS STAGES 9-10

MONDAY 7.30pm-8.30pm Leisure Centre

THURSDAY 7.30pm -8.30pm REDRUTH SCHOOL

SUNDAY 2nd + 4th Week ONLY 6.30pm-7.30pm Leisure Centre

JUNIOR PERFORMANCE

MONDAY	7.30pm-8.30pm Leisure Centre
TUESDAY	<u>6.15am-7.15am Leisure Centre</u>
WEDNESDAY	7.30pm-8.30pm Leisure Centre
THURSDAY	<u>6.15am-7.15am Leisure Centre</u> 7.30pm-8.30pm REDRUTH SCHOOL
SUNDAY	5.30pm-7.30pm Leisure Centre

SENIOR PERFORMANCE

MONDAY	8.30pm-10.00pm Leisure Centre
TUESDAY	<u>6.15am-7.15am Leisure Centre</u>
WEDNESDAY	7.30pm-8.30pm Leisure Centre
THURSDAY	<u>6.15am-7.15am Leisure Centre</u> 8.30pm-9.30pm REDRUTH SCHOOL
FRIDAY	8.30pm-9.30pm Leisure Centre
SUNDAY	5.30pm-7.30pm Leisure Centre

MASTERS

FRIDAY	8.30pm-9.30pm Leisure Centre
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