

# 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 6.15am-7.30am Leisure  
Centre

WEDNESDAY 7.30pm-8.30pm Leisure  
Centre

THURSDAY 6.15am-7.30am Leisure  
Centre

7.30pm-8.30pm REDRUTH SCHOOL

FRIDAY 6.30am-7.45am Leisure  
Centre

SUNDAY 5.30pm-7.30pm Leisure  
Centre

TOTAL AVAILABLE HOURS= 8hrs 45 mins

## **SENIOR PERFORMANCE**

MONDAY	8.30pm-10.00pm Leisure Centre
TUESDAY	<u>6.15am-7.30am Leisure Centre</u>
WEDNESDAY	7.30pm-8.30pm Leisure Centre
THURSDAY	<u>6.15am-7.30am Leisure Centre</u> 8.30pm-9.30pm REDRUTH SCHOOL
FRIDAY	<u>6.30am-7.45am Leisure Centre</u> 8.30pm-9.30pm Leisure Centre
SUNDAY	5.30pm-7.30pm Leisure Centre

TOTAL AVAILABLE HOURS= 10hrs 15mins

## **MASTERS**

FRIDAY	8.30pm-9.30pm Leisure Centre
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