

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	hours / week
Lane 1	5:10pm to 5:45	5:10pm to 5:45	5:10pm to 5:45	5:10pm to 5:45	5:10pm to 6pm	8:30am		A Squad 10
Lane 2								B Squad 9
Lane 3								C Squad 8
Lane 4	Land Training	Land Training	Land Training	Land Training	Land Training			D Squad 7
Lane 5								E Squad 6
Lane 6								F Squad 4
Lane 7								G Squad 0
Lane 8								Junior Dev 2
								Colts mixed

	0	0	0	0	0	0	0		
Lane 1	6:30 to 7:30pm	6:30 to 7:30pm	6:30 to 7:30pm	6:30 to 7:30pm		11am to 12noon	8am to 9am	Colts - Shallow	7
Lane 2	Colts - Shallow	D Squad	F Squad	Colts - Shallow				A Squad	7
Lane 3	Colts - Shallow	B Squad	B Squad	Colts - Shallow				B Squad	7
Lane 4	C Squad	C Squad	E Squad	C Squad				C Squad	7
Lane 5	A Squad	A Squad	A Squad	A Squad				A Squad	7
Lane 6				D Squad				D Squad	7
Lane 7				B Squad				C Squad	7
Lane 8				E Squad				F Squad	7
				Junior Dev				G Squad	0
	28	28	28	56	0	0	42	Junior Dev	7

	7:30 to 8:30pm	7:30 to 8:30pm	7:30 to 8:30pm	7:30 to 8:30pm		12noon to 1pm	9am to 10am		
Lane 1	Colts - Shallow	D Squad	D Squad	Colts - Shallow					
Lane 2	Colts - Shallow	B Squad	B Squad	Colts - Shallow					
Lane 3	B Squad	C Squad	C Squad	C Squad					
Lane 4	A Squad	A Squad	A Squad	A Squad					
Lane 5				D Squad					
Lane 6		E Squad		B Squad					
Lane 7		F Squad		E Squad					
Lane 8		Junior Dev							
	14	49	28	35	0	0	0		

Lane entry order
Full pool **half**
Lane 8 Lane 4
Lane 6 Lane 3
Lane 4 Lane 2
Lane 2 Lane 1
Lane 1
Lane 3
Lane 5
Lane 7

Notes:
- Each session will require changing time before and after.
- No early morning sessions to start with