

Session Times – October 2010



TRAINING GROUPS					MASTERS				
Training 1 (Land)	Mon	7:45pm	9:15pm	Triangle	Top Group	Mon	7:45pm	9:15pm	Triangle
					Mixed Groups		8:15pm	9:15pm	Triangle
	Tues	8:00pm	9:00pm	Triangle	Mixed		7:30pm	8:30pm	Dolphin
	Thurs	6:45pm	8:45pm	Triangle	Mixed Groups		8:30pm	9:30pm	Dolphin
(Land)					Mixed	Tues	11:45am	12:45pm	Triangle
	Sun	7:00pm	8:00pm	Dolphin	EMT - Mixed	Wed	6:45am	7:45am	Dolphin
Training 2 (Land)	Mon	7:30pm	8:30pm	Dolphin	Novice	Wed	8:00pm	9:00pm	Triangle
					Mixed	Thurs	12:50pm	1:50pm	Triangle
	Tues	8:00pm	9:00pm	Triangle	Mixed	Thurs	7:30pm	8:30pm	Dolphin
	Thurs	6:30pm	7:30pm	Dolphin	EMT - Mixed	Fri	6:45am	7:45am	Dolphin
(Land)					Mixed	Sat	7:00am	8:00am	Dolphin
	Sun	7:00pm	8:00pm	Dolphin	Mixed	Sat	8:00am	9:00am	Dolphin
Training 3	Mon	7:30pm	8:30pm	Dolphin	Top	Sun	7:45pm	9:15pm	Triangle
	Wed	7:00pm	8:00pm	Triangle	Mixed (1 lane)	Sun	7:00pm	8:00pm	Dolphin
	Thurs	6:30pm	7:30pm	Dolphin					
	Sat	10:15am	11:15am	Dolphin					
	Sun	7:00pm	8:00pm	Dolphin					
WATER POLO					DISABILITY SWIMMING				
Seniors	Wed	8:30pm	9:30pm	Dolphin	Starfish	Sat	11:15am	12:00am	Dolphin
Junior/Ladies	Sun	6:00pm	7:45pm	Triangle		Mon	6:30pm	7:15pm	Dolphin
					Dolphins	Wed	6:15pm	6:50pm	Triangle
						Sat	8:15am	8:45pm	Triangle

SQUADS										
	Day	From	To	Pool			Day	From	To	Pool
Gold	Mon	6:15am	7:30am	Triangle	Silver	Mon	6:15am	7:30am	Triangle	
	Mon	5:30pm	7:45pm	Triangle		Mon	6:30pm	8:15pm	Triangle	
(Land)						Tues	6:15pm	8:00pm	Ardingly	
	Tues	7:45pm	9:00pm	Triangle		Thurs	6:15am	7:30am	Triangle	
	Wed	6:45pm	9:00pm	Triangle		Thurs	7:45pm	8:45pm	Triangle	
	Thurs	6:15am	7:30am	Triangle		Fri	6:45pm	8:00pm	Triangle	
	Thurs	6:30pm	8:45pm	Triangle		Sat	6:45am	8:30am	Triangle	
	Sat	6:45am	8:30am	Triangle	(Land)					
(Land)										
	Sun	4:45pm	7:00pm	Dolphin	Bronze	Mon	5:45pm	6:45pm	Triangle	
						Wed	7:30pm	8:30pm	Ardingly	
Junior Gold	Mon	6:15am	7:30am	Triangle		Thurs	6:45pm	7:45pm	Triangle	
	Mon	5:30pm	7:45pm	Triangle		Fri	6:00pm	7:00pm	Triangle	
	Tues	6:45pm	8:00pm	Triangle						
	Wed	6:45pm	9:00pm	Triangle	Mini Squad	Wed	6:30pm	7:30pm	Ardingly	
	Thurs	6:15am	7:30am	Triangle		Thurs	6:30pm	7:30pm	Dolphin	
	Thurs	6:30pm	8:45pm	Triangle		Sat	8:15am	9:15am	Triangle	
	Fri	6:45pm	8:30pm	Triangle		Sun	6:00pm	7:00pm	Dolphin	
	Sat	6:45am	8:30am	Triangle						
(Land)										

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Group / Session Requirement	Group	Code	Sessions
Learner Grade 1 (NTP 3)	L1	L11	Thursday 3.45-4.15pm (Princess Royal)
Learner Grade 2 (NTP 4)	L2	L21	Thursday 4.15-4.45pm (Princess Royal)
Learner Grade 3 (NTP 4)	L3	L31	Thursday 4.15-4.45pm (Princess Royal) tbc
Grade 1 (NTP 5) 1 x 30 mins	1	1WA	Wednesday 6.15-6.45pm (Triangle) no new joiners
	1	1J1	Thursday 4.45-5.15pm (Princess Royal)
	1	1J2	Thursday 5.45-6.15pm (Princess Royal) coming soon tbc
	1	1S1	Saturday 9.30-10.00am (Dolphin)
Grade 2 (NTP 5) 1 x 30 mins (2nd Swim Recommended but Optional)	2	2M1	Monday 6.00-6:30pm (Dolphin)
	2	2M2	Monday 7.00-7:30pm (Dolphin)
	2	2TA	Tuesday 6.30-7.00pm (Triangle)
	2	2TC	Tuesday 7.00-7.30pm (Triangle)
	2	2J1	Thursday 5:15-5.45pm (Princess Royal)
	2	2S1	Saturday 9.00-9.30am (Dolphin)
	2	2S3	Saturday 10.00-10.30am (Dolphin)
	2	2SB	Saturday 9.15-9.45am (Triangle)
	2	2SC	Saturday 9.45-10.15am (Triangle)
	2	2SD	Saturday 9.45-10.15am (Triangle)
Grade 3 (NTP 6) 1 x 30 mins (2nd Swim Recommended but Optional)	3	3M1	Monday 6.00-6:30pm (Dolphin)
	3	3M2	Monday 6.30-7:00pm (Dolphin)
	3	3TA	Tuesday 6.30-7.00pm (Triangle)
	3	3TB	Tuesday 6.30-7.00pm (Triangle)
	3	3TC	Tuesday 7.30-8.00pm (Triangle)
	3	3W1	Wednesday 6:30 pm tbc(Ardingly) coming soon
	3	3S1	Saturday 9.45-10.15am (Dolphin)
	3	3S2	Saturday 9.45-10.15am (Dolphin)
	3	3S3	Saturday 9.45-10.15am (Dolphin)
	3	3SA	Saturday 9.15-9.45am (Triangle)
	3	3SB	Saturday 10.00-10.30am (Triangle)
	4	4M1	Monday 6.00-6.45pm (Dolphin)
	4	4TA	Tuesday 6.30-7.15pm (Triangle)
4	4TB	Tuesday 6.30-7.15pm (Triangle)	
4	4TC	Tuesday 7.15-8.00pm (Triangle)	
4	4W1	Wednesday 6:30 pm tbc (Ardingly) coming soon	
4	4S1	Saturday 9.00-9.45am (Dolphin)	
4	4S2	Saturday 9.00-9.45am (Dolphin)	
4	4S3	Saturday 9.00-9.45am (Dolphin)	
4	4SA	Saturday 9.15-10.00am (Triangle)	
4	4SD	Saturday 9.15-10.00am (Triangle)	
4	4SB	Saturday 10.00-10.45am (Triangle)	
4	4SC	Saturday 10.00-10.45am (Triangle)	
Grade 5 (NTP 7) 1 x 45 mins (2nd Swim Recommended but Optional)	5	5M1	Monday 6.00-6.45pm (Dolphin) - new
	5	5M2	Monday 6.00-6.45pm (Dolphin)
	5	5M3	Monday 6.00-6.45pm (Dolphin)
	5	5TA	Tuesday 6.30-7.15pm (Triangle)
	5	5TB	Tuesday 7.15-8.00pm (Triangle)
	5	5W1	Wednesday 6:30 pm tbc (Ardingly) coming soon
	5	5S1	Saturday 9.00-9.45am (Dolphin)
	5	5S2	Saturday 9.00-9.45am (Dolphin)
	5	5S3	Saturday 10.30-11.15am (Dolphin)
	5	5SA	Saturday 9.15-10.00am (Triangle)
	5	5SC	Saturday 9.15-10.00am (Triangle)
	5	5SB	Saturday 10.00-10.45am (Triangle)
Grade 6 (NTP 7) 1 x 45 mins (2nd Swim Recommended but Optional)	6	6M1	Monday 6.45-7.30pm (Dolphin)
	6	6M2	Monday 6.45-7.30pm (Dolphin)
	6	6TA	Tuesday 6.30-7.15pm (Triangle)
	6	6TB	Tuesday 7.15-8.00pm (Triangle)
	6	6W1	Wednesday 5.45 - 6.30pm (Ardingly)
	6	6S2	Saturday 9.45-10.30am (Dolphin)
	6	6S4	Saturday 10.30-11.15am (Dolphin)
	6	6SB	Saturday 9.15-10.00am (Triangle)
	6	6SC	Saturday 10.00-10.45am (Triangle)
Grade 7 (NTP 8) 2 x 45 mins	7	7M1	Monday 6.45-7.30pm (Dolphin)
	7	7TA	Tuesday 6.30-7.15pm (Triangle)
	7	7TB	Tuesday 7.15-8.00pm (Triangle)
	7	7W1	Wednesday 5.45-6.30pm (Ardingly)
	7	7S1	Saturday 9.00-9.45am (Dolphin)
	7	7S2	Saturday 9.45-10.30am (Dolphin)
	7	7SA	Saturday 8.30-9.15am (Triangle)
	7	7SB	Saturday 9.15-10.00am (Triangle)
Grade 8 (NTP 8) 2 x 45 mins (Compulsory)	8	8M1	Monday 6.45-7.30pm (Dolphin)
	8	8TA	Tuesday 7.15-8.00pm (Triangle)
	8	8W1	Wednesday 5.45-6.30pm (Ardingly)
	8	8S1	Saturday 9.45-10.30am (Dolphin)
	8	8S2	Saturday 10.30-11.15am (Dolphin) - new
	8	8SA	Saturday 8.30-9.15am (Triangle)
Grade 9 (NTP 9) 1 x 1 hour/2 x 45 mins (Minimum Requirement of 2 Sessions)	9	9M1	Monday 6.45-7.30pm (Dolphin)
	9	9TA	Tuesday 7.15-8.00pm (Triangle)
	9	9W1	Wednesday 5.45-6.30pm (Ardingly)
	9	9S1	Saturday 10.15-11.15am (Dolphin)
Grade 10-Mini Squad (NTP 9) 3 x 1 hour/1 x 45 mins (Minimum Requirement of 2 Sessions)	MS	MS	Wednesday 6.30-7.30pm (Ardingly)
	MS	MS	Thursday 6.30-7.30pm (Dolphin)
	MS	MS	Saturday 8.15-9.15am (Triangle)
	MS	MS	Sunday 6:00-7:00pm (Dolphin)