

SESSION TIMES APRIL 2009

Swimmers and sessions will be reviewed on a regular basis

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Performance 11/12 yrs min 8hrs 12/13+ min 10 hrs coach to advise	Central 6.30 – 8.30 pm	Central 7.00 – 9.00 pm	Central 6.30 – 8.15 pm	Central 7.00 – 9.00 pm	Central 7.00 – 9.00 pm	Central 8.00 – 10.00 am
Silver Sharks 1 Min 3 sessions	Central 6.30 – 8.30 pm	Central 7.00 – 9.00 pm	Central 6.30 – 8.15 pm	Central 7.00 – 9.00 pm	Central 7.00-9.00 pm	
Silver Sharks 2 Min 3 sessions	Central 6.30 – 8.30 pm	Central 7.00 – 9.00pm	Central 6.30 – 8.15 pm	Central 7.00 –8.30 pm	Central LT 7.00–7.45 pm Swim 8.00-9.00 pm	
Senior Comp 1 Min 3 sessions	Colton Hills 7.00 – 8.30 pm	Central 7.00 – 9.00 pm		Central 7.00 – 9.00 pm	Central 7.00 – 9.00 pm	
Senior Comp 2 Min 3 sessions	Colton Hills 7.00 – 8.30 pm	Central 7.00 – 9.00 pm	Colton Hills 7.00 – 8.30 pm	Central 7.00 – 8.30 pm	Central LT 7.00–7.45 pm Swim 8.00-9.00 pm	
Junior Club Min 3 sessions	Colton Hills 7.00 – 8.30 pm	Central 7.00 – 8.00 pm	Colton Hills 7.00 – 8.30 pm	Aldersley 6.45 – 7.45 pm	Central LT 7.00–7.45 pm Swim 8.00-9.00 pm	
Seals Min 2/3 sessions coach to advise	Colton Hills 7.00 – 8.00 pm	Central 7.00 – 8.00 pm until end Aug 09	Colton Hills 7.30 – 8.30 pm	Aldersley 6.45 – 7.45 pm		
Junior Blue			Colton Hills 7.30 – 8.30 pm	Aldersley 6.45 – 7.45 pm		
Senior Blue Min 2 sessions		Central 8.00 – 9.00 pm	Colton Hills 7.00 – 8.30 pm	Central 7.00 – 8.30 pm		
Masters/ Students		Central 8.00 – 9.00 pm	Colton Hills 7.05 – 8.20 pm	Central 7.00 – 8.30 pm		
Parents Social Swim				1 Lane 8.00 – 8.30 pm		