

Effective 24/04/2017



TRI = Triangle, Burgess Hill DOL = Dolphin, Haywards Heath ARD = Ardingly College Pool K2 = K2, Crawley LT = Land Training

Masters Session Times							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EMT			DOL 06:45-07:45	TRI 06:15-07:30	DOL 06:45-07:45	DOL 06:30-07:25 DOL 07:25-08:20 DOL 08:20-09:15	
DAY		TRI 11:45-12:45		TRI 12:50-13:50			
EVE	TRI 19:45-21:15 TRI 20:15-21:15 DOL 20:45-21:45		TRI 20:00-21:00	DOL 19:30-20:30			K2 18:30-20:30 as advised

National Squad Training Times							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EMT	TRI 06:15-07:30			TRI 06:15-07:30			TRI 06:30-08:00
EVE	TRI 17:45-19:45	TRI 19:45-21:15	TRI 19:00-21:00	TRI 18:45-20:45	TRI 18:00-19:15 TRI LT 19:30-20:30		K2 18:30-20:30 as advised

Youth Group Session Times							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YG	TRI 19:45-21:15	TRI 20:00-21:00		TRI 06:15-07:30 TRI 18:45-20:45	TRI LT 19:15-20:30		TRI 06:30-08:00

Regional Squad Training Times							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EMT	TRI 06:15-07:30			TRI 06:15-07:30			TRI 06:30-08:00
EVE	TRI 19:00-20:15		ARD 19:30-21:00	DOL 18:30-19:30	TRI LT 18:30-19:10 TRI 19:15-20:30		DOL 17:00-19:00 K2 18:30-20:30 as advised

County Squad Training Times							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
County	TRI 17:45-19:00	ARD 19:00-20:00		DOL 18:30-19:30		TRI 06:45-08:15	DOL LT* 16:45-17:45 DOL 18:00-19:00

* 12 WEEKS PER TERM AS PER SEPARATE SCHEDULE

County Development Squad Training Times							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
County Dev.		ARD 18:00-19:00				TRI 08:15-09:15	DOL 17:00-18:00

Teaching Groups Session Times (individual lessons are allocated within these session times)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teaching Groups	DOL 18:15-19:45	TRI 18:00-20:00		TRI 18:00-19:00		TRI 08:30-10:45 DOL 09:15-10:45	

Youth Training Session Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YT1	DOL 19:45-20:45	TRI 20:00-21:00		TRI 19:00-20:00 TRI 20:00-21:00		DOL 10:30-11:30	DOL 19:00-20:00
YT2	DOL 19:45-20:45		TRI 19:00-20:00			DOL 10:45-11:30	DOL 19:00-20:00

Water polo Session Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Polo			DOL 20:30-21:30 SENIORS				TRI 18:00-19:30 SUSSEX RTC* TRI 19:30-20:30 LADIES&JUNIOR

* 10 WEEKS PER TERM AS PER SEPARATE SCHEDULE

Disability Session Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dolphins			TRI 18:10-19:00				
Starfish						DOL 11:30-12:15	