

Effective 05/06/2017



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 12:00-13:00 | | TRI 13:00-14:00 | | | |
| 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 | |