

SQUAD TIMETABLE JANUARY 2017

| Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|--------------------------------|--------------|-------------------------|----------------|------------------------------|--|-------------------------------|--------------------|----------------------------|------------------------------|--------|--|
| SENIOR ROYAL BLUE: | | ATTEND AS MANY | | SESSIONS AS POSSIBLE. | | MIN OF 50% PER WEEK | | OF THOSE AVAILABLE. | | | |
| AM | 7—8am | BS | | 7—8am | BS | | 7—8.30am | BS | 8.30-9.20 land training (£1) | | |
| | | | | | | | | | 9.35—11am BS | | |
| PM | 7.30-9pm | BS | 7- 8.30pm | LC | 3.30—5pm Term time only LC; 6.15--8.15pm (Invite only) BS | 6-15--8.15pm | BS | | | | |
| SENIOR NAVY BLUE: | | NO MINIMUM | | BUT MUST TRAIN | | AT SIMILAR LEVEL AS | | SENIORS | | | |
| AM | 7—8am | BS | | 7—8am | BS | | 7—8.30am | BS | | | |
| PM | 7.30-9pm | BS | BY INVITE ONLY | | 3.30—5pm Term time only.LC | 8.15—9.15pm | BS | | | | |
| SKY BLUES (JC3): | | ATTEND AS MANY | | SESSIONS AS POSSIBLE | | MIN ATTENDANCE OF 50% | | OF THOSE AVAILABLE. | | | |
| AM | 7—8am | BS | | 7—8am | BS | | 7—8.30am | BS | 8.30-9.20 land training (£1) | | |
| | | | | | | | | | 9.35—11am BS | | |
| PM | 7.30-9pm | BS | 7- 8.30pm | LC | 3.30—5pm Term time only LC; 6.15--8.15pm (Invite only) BS | 6-15--8.15pm | BS | | | | |
| MARLINS (JC1+JC2): | | SHOULD ATTEND AS | | MANY SESSIONS AS | | POSSIBLE. | | | | | |
| AM | 7—8am | BS | | 7—8am | BS | | 8—9.30am | LC | | | |
| | | | OFF | | | | | | | | |
| PM | 6.30--7.30pm | BS | | 3.30-5pm Term time only.LC | 5.30—6.30pm | BS | | | 6—7.30pm | | |
| TIGERSHARKS AND TURTLES | | NO MINIMUM | | BUT THE MORE YOU | | ATTEND ,THE BETTER YOU | | CAN BECOME | | | |
| AM | 7—8am | BS | | 7—8am | BS | | 8—9.30am | LC | | | |
| | | | OFF | | | | | | OFF | | |
| PM | 6.30--7.30pm | BS | | 3.30-5pm Term time only.LC | 5.30—6.30pm | BS | | | | | |
| SWORDFISH | | | | | | | | | | | |
| AM | | | | | | | 8—9.00 am (9.30)am | LC | | | |
| | OFF | | OFF | | OFF | | | | | | |
| PM | | | | | 4.30—5.30pm | BS | | | 6—7.30pm BS | | |

| STARFISH | | CHOOSE TWO OF THE THREE AVAILABLE SESSIONS | | |
|----------------------|--------------------|--|------------------|-----------------------|
| AM | | | | 8—9.00 am (9.30)am LC |
| PM | 6.30 -- 7.30 pm LC | | | 6—7.00pm BS |
| MASTERS AND MORNINGS | | STUDENTS HOME FOR THE HOLIDAYS. | | |
| AM | 7—8am BS | 7—8am BS | | 7—8.30am BS |
| PM | | | 8.15 - 9.15pm BS | |