

Pool Programme (September - December)

HARTSDOWN LEISURE CENTRE BALCONY												WINDOW	
Day	Squad	Hours Lane 1	Squad	Hours Lane 2	Squad	Hours Lane 3	Squad	Hours Lane 4	Squad	Hours Lane 5	Squad	Hours Lane 6	
Monday	Senior Performance (D)	5.00pm - 6.25pm	Senior Performance (D)	5.00pm - 6.25pm	Senior Performance (D)	5.00pm - 6.25pm	Senior Performance (S)	5.10pm - 6.35pm	Junior Performance (5)	5.10pm - 6.35pm	Junior Performance (5)	5.10pm - 6.35pm	
	Senior Performance (AG)	6.30pm - 7.50pm	Senior Performance (AG)	6.30pm - 7.50pm	Senior Performance (AG)	6.30pm - 7.50pm	Senior Competition (5)	6.40pm - 8.00pm	Senior Competition (5)	6.40pm - 8.00pm	Senior Competition (5)	6.40pm - 8.00pm	
Tuesday	Masters	5.35am - 7.20am	Masters	5.35am - 7.20am	Masters	5.35am - 7.20am	Senior Performance (D)	5.30am - 7.30am	Senior Performance (D)	5.30am - 7.30am	Senior Performance (D)	5.30am - 7.30am	
	Junior Transition	4.00pm - 5.20pm	Junior Transition	4.00pm - 5.20pm	Junior Transition	4.00pm - 5.20pm	Junior Performance (4)	4.05pm - 5.30pm	Junior Performance (5)	4.05pm - 5.30pm	Junior Performance (5)	4.05pm - 5.30pm	
	Senior Performance (AG)	5.25pm - 6.50pm	Senior Performance (AG)	5.25pm - 6.50pm	Senior Performance (S)	5.25pm - 6.50pm	Senior Performance (D)	5.35pm - 7.00pm	Senior Performance (D)	5.35pm - 7.00pm	Senior Performance (D)	5.35pm - 7.00pm	
	Junior Competition	6.55pm - 7.50pm	Junior Competition	6.55pm - 7.50pm	Junior Competition	6.55pm - 7.50pm	Academy (Int)	7.05pm - 8.00pm	Academy (Int)	7.05pm - 8.00pm	Academy (Int)	7.05pm - 8.00pm	
Wednesday	Senior Performance (AG)	5.30am - 7.20am	Senior Performance (AG)	5.30am - 7.20am	Senior Performance (AG)	5.30am - 7.20am	Senior Competition (5)	5.40am - 7.30am	Senior Competition (5)	5.40am - 7.30am	Senior Competition (5)	5.40am - 7.30am	
Thursday	Masters	5.35am - 7.20am	Masters	5.35am - 7.20am	Senior Performance (S)	5.35am - 7.30am	Senior Performance (D)	5.30am - 7.30am	Senior Performance (D)	5.30am - 7.30am	Senior Performance (D)	5.30am - 7.30am	
	Junior Transition	4.00pm - 5.20pm	Junior Transition	4.00pm - 5.20pm	Junior Transition	4.00pm - 5.20pm	Junior Performance (4)	4.05pm - 5.30pm	Junior Performance (5)	4.05pm - 5.30pm	Junior Performance (5)	4.05pm - 5.30pm	
	Senior Performance (AG)	5.25pm - 6.50pm	Senior Performance (AG)	5.25pm - 6.50pm	Senior Performance (S)	5.25pm - 6.50pm	Senior Performance (D)	5.35pm - 7.00pm	Senior Performance (D)	5.35pm - 7.00pm	Senior Performance (S)	5.35pm - 7.00pm	
Friday	Junior Competition	5.00pm - 5.55pm	Junior Competition	5.00pm - 5.55pm	Junior Competition	5.00pm - 5.55pm	Academy (Int)	5.05pm - 6.00pm	Academy (Int)	5.05pm - 6.00pm	Academy (Int)	5.05pm - 6.00pm	
	Development	6.00pm - 6.55pm	Development	6.00pm - 6.55pm	Development	6.00pm - 6.55pm	Academy (Adv)	6.05pm - 7.00pm	Academy (Adv)	6.05pm - 7.00pm	Academy (Adv)	6.05pm - 7.00pm	
	Senior Competition (4)	7.00pm - 8.20pm	Senior Competition (4)	7.00pm - 8.20pm	Senior Competition (4)	7.00pm - 8.20pm	Senior Competition (5)	7.05pm - 8.30pm	Senior Competition (5)	7.05pm - 8.30pm	Senior Competition (5)	7.05pm - 8.30pm	
Sunday	Senior Competition (4)	3.00pm - 4.50pm	Senior Competition (4)	3.00pm - 4.50pm	Senior Competition (4)	3.00pm - 4.50pm	Academy (Int)	3.05pm - 4.00pm	Academy (Int)	3.05pm - 4.00pm	Academy (Int)	3.05pm - 4.00pm	
	Academy (Adv)	4.05pm - 5.00pm	Academy (Adv)	4.05pm - 5.00pm	Academy (Adv)	4.05pm - 5.00pm	Academy (Adv)	4.05pm - 5.00pm	Academy (Adv)	4.05pm - 5.00pm	Academy (Adv)	4.05pm - 5.00pm	
	Junior Transition	4.55pm - 6.30pm	Junior Transition	4.55pm - 6.30pm	Junior Transition	4.55pm - 6.30pm	Junior Performance (4)	5.05pm - 6.55pm	Junior Performance (5)	5.05pm - 6.55pm	Junior Performance (5)	5.05pm - 6.55pm	
	Development	6.50pm - 7.50pm	Development	6.50pm - 7.50pm	Development	6.50pm - 7.50pm	Development	7.00pm - 8.00pm	Development	7.00pm - 8.00pm	Development	7.00pm - 8.00pm	

Ramsgate Leisure Centre												WINDOWS/CAFÉ	
EXTERNAL WALL													
Day	Squad	Hours Lane 1	Squad	Hours Lane 2	Squad	Hours Lane 3	Squad	Hours Lane 4	Squad	Hours Lane 5	Squad	Hours Lane 6	
Monday	Senior Performance (AG)	5.30am - 7.20am	Senior Performance (AG)	5.30am - 7.20am	Senior Performance (S)	5.35am - 7.25am	Senior Performance (D)	5.35am - 7.25am	Senior Performance (D)	5.40am - 7.30am	Senior Performance (D)	5.40am - 7.30am	
	Development	7.00pm - 7.50pm	Development	7.00pm - 7.50pm	Development	7.05pm - 7.55pm	Academy (Adv)	7.05pm - 7.55pm	Academy (Adv)	7.10pm - 8.00pm	Academy (Adv)	7.10pm - 8.00pm	
Tuesday	Senior Competition (4)	6.00pm - 7.50pm	Senior Competition (4)	6.00pm - 7.50pm	Senior Competition (4)	6.00pm - 7.50pm	Senior Competition (5)	6.10pm - 8.00pm	Senior Competition (5)	6.10pm - 8.00pm	Senior Competition (5)	6.10pm - 8.00pm	
Wednesday	Academy (Int)	4.00pm - 4.50pm	Academy (Int)	4.00pm - 4.50pm	Academy (Int)	4.00pm - 4.50pm	Junior Performance	4.05pm - 6.00pm	Junior Performance	4.05pm - 6.00pm	Junior Performance	4.05pm - 6.00pm	
	Academy (Adv)	4.55pm - 5.50pm	Academy (Adv)	4.55pm - 5.50pm	Academy (Adv)	4.55pm - 5.50pm	Senior Performance (D)	6.05pm - 8.00pm	Senior Performance (D)	6.05pm - 8.00pm	Senior Performance (D)	6.05pm - 8.00pm	
	Junior Competition	5.55pm - 6.50pm	Junior Competition	5.55pm - 6.50pm	Junior Competition	5.55pm - 6.50pm	Senior Performance (D)	6.05pm - 8.00pm	Senior Performance (D)	6.05pm - 8.00pm	Senior Performance (D)	6.05pm - 8.00pm	
Thursday	Senior Competition (4)	6.00pm - 7.50pm	Senior Competition (4)	6.00pm - 7.50pm	Senior Competition (4)	6.00pm - 7.50pm	Senior Competition (5)	6.10pm - 8.00pm	Senior Competition (5)	6.10pm - 8.00pm	Senior Competition (5)	6.10pm - 8.00pm	
Friday	Senior Performance (AG)	5.30am - 7.20am	Senior Performance (AG)	5.30am - 7.20am	Senior Performance (S)	5.35am - 7.25am	Senior Performance (D)	5.35am - 7.25am	Senior Performance (D)	5.40am - 7.30am	Senior Performance (D)	5.40am - 7.30am	
Sunday	Senior Performance (AG)	9.00am - 10.50am	Senior Performance (AG)	9.00am - 10.50am	Senior Performance (S)	9.00am - 10.50am	Senior Performance (D)	9.05am - 11.00am	Senior Performance (D)	9.05am - 11.00am	Senior Performance (D)	9.05am - 11.00am	