

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
National Squad 'A'	6 pm - 8 pm Core Work 5.35 - 6.00	6 pm - 8 pm	6 pm - 7.30 pm Core Work 5.35 - 6.00	6 pm - 7.50 pm	6 pm - 7.45 pm Core Work 5.35 - 6.00		7.30 am - 9.30 am Land 9.40 - 10.30 am
Regional Squad 'A'	6 pm - 8 pm Core Work 5.35 - 6.00	6 pm - 8 pm	No Swimming	6 pm - 7.50 pm	6 pm - 7.45 pm Core Work 5.35 - 6.00		7.30 am - 9.30 am Land 9.40 - 10.30 am
Senior Squad 'A'	6 pm - 8 pm Core Work 5.35 - 6.00	No Swimming	No Swimming	6 pm - 7.50 pm	6 pm - 7.45 pm Core Work 5.35 - 6.00		7.30 am - 9.30 am Land 9.40 - 10.30 am
Junior Regional 'B' Squad	6.15 pm - 8.15 pm @ Cottesmore	No Swimming	6.00 pm - 7.30 pm @K2	6.15 pm - 8.15 pm @ Cottesmore	6 pm - 7.45 pm Core Work 5.35 - 6.00		7.30 am - 9.30 am Land 9.40 - 10.30 am
County Squad 'B'	6.15 pm - 8.15 pm @ Cottesmore	No Swimming	7.30 pm - 9.00 pm @K2	6.15 pm - 8.15 pm @ Cottesmore	6 pm - 7.45 pm Core Work 5.35 - 6.00		No Swimming
Junior Development Squad 'C'	6.15 pm - 8.15 pm @ Cottesmore	No Swimming	7.30 pm - 9.00 pm @K2	7.50 pm - 8.45 pm @ K2	6.00 pm - 7.00 pm		No Swimming
Club Squad Seniors 'C'	No Swimming	No Swimming	7.30 pm - 9.00 pm @K2	7.50 pm - 8.45 pm @ K2	8.45 pm - 9.45 pm		No Swimming
C' Squad	6.15 pm - 8.15 pm @ Cottesmore	7.00 pm - 8.00 pm @ K2	No Swimming	7.50 pm - 8.45 pm @ K2	8.45 pm - 9.45 pm		No Swimming
D +' Squad	No Swimming	7.00 pm - 8.00 pm @ K2	6.30 pm - 7.30 pm @ Cottesmore	7.50 pm - 8.45 pm @ K2	7.45 pm - 8.45 pm		No Swimming
'D' Squad	No Swimming	6.00 pm - 7.00 pm @ K2	6.30 pm - 7.30 pm @ Cottesmore	No Swimming	7.45 pm - 8.45 pm		No Swimming
E' Squad	No Swimming	6.00 pm - 7.00 pm @ K2	6.30 pm - 7.30 pm @ Cottesmore	No Swimming	7.00 pm - 7.45 pm		No Swimming
Improvers	No Swimming	No Swimming	No Swimming	No Swimming	8.30 pm - 9.15 pm		No Swimming
Learners	No Swimming	No Swimming	No Swimming	No Swimming	7.00 pm - 7.30 pm 7.30 pm - 8.00 pm 8.00 pm - 8.30 pm		No Swimming