

February 2024 – “A” Group

|    | Monday                   | Tuesday                  | Wednesday                | Thursday  | Friday                       | Saturday                     | Sunday                       |
|----|--------------------------|--------------------------|--------------------------|---|------------------------------|------------------------------|------------------------------|
|    |                          |                          |                          | 1   | 2                            | 3                            | 4                            |
| am |                          |                          |                          | 6:05 – 7:35<br>(6 lanes)                                |                              | 6:05 – 7:35<br>(3 lanes)     |                              |
| pm |                          |                          |                          | 4:10-5:10<br><b>Dry land</b><br><b>(Leisure Centre)</b> | 4:00 – 5:30<br>(3 lanes)     |                              |                              |
|    | 5                        | 6                        | 7                        | 8   | 9                            | 10                           | 11                           |
| am |                          | 6:05 – 7:35<br>(6 lanes) |                          | 6:05 – 7:35<br>(6 lanes)                                |                              | 6:05 – 7:35<br>(3 lanes)     |                              |
| pm | 4:00 – 5:30<br>(3 lanes) |                          | 4:00 – 5:30<br>(3 lanes) | 4:10-5:10<br><b>Dry land</b><br><b>(Leisure Centre)</b> | 4:00 – 5:30<br>(3 lanes)     |                              |                              |
|    | 12                       | 13                       | 14                       | 15  | 16                           | 17                           | 18                           |
| am |                          | 6:05 – 7:35<br>(6 lanes) |                          | 6:05 – 7:35<br>(6 lanes)                                |                              | 6:05 – 7:35<br>(3 lanes)     |                              |
| pm | 4:00 – 5:30<br>(3 lanes) |                          | 4:00 – 5:30<br>(3 lanes) | 4:10-5:10<br><b>Dry land</b><br><b>(Leisure Centre)</b> | 4:00 – 5:30<br>(3 lanes)     |                              |                              |
|    | 19                       | 20                       | 21                       | 22  | 23                           | 24                           | 25                           |
| am |                          | 6:05 – 7:35<br>(6 lanes) |                          | 6:05 – 7:35<br>(6 lanes)                                |                              |                              |                              |
| pm | OFF                      |                          | 4:00 – 5:30<br>(3 lanes) | <b>Dry land</b><br><b>OFF</b>                           | Central Region<br>“C” Champs | Central Region<br>“C” Champs | Central Region<br>“C” Champs |
|    | 26                       | 27                       | 28                       | 29  |                              |                              |                              |
| am |                          | 6:05 – 7:35<br>(6 lanes) |                          | 6:05 – 7:35<br>(6 lanes)                                |                              |                              |                              |
| pm | 4:00 – 5:30<br>(3 lanes) |                          | 4:00 – 5:30<br>(3 lanes) | 4:10-5:10<br><b>Dry land</b><br><b>(Leisure Centre)</b> |                              |                              |                              |