

January 2024 – Gold Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
am	WINTER BREAK TRAINING						
pm		5:30 – 7:00 (3 lanes)	5:30 – 7:00 (3 lanes)	5:30 – 7:00 (3 lanes)	5:30 – 7:00 (3 lanes)		
	8	9	10	11	12	13	14
am							
pm	4:10 – 5:10 (1 st Group) 5:15 – 6:15 (2 nd Group) Dry Land (Leisure Centre)	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)		4:30 – 6:00 (3 lanes)	
	15	16	17	18	19	20	21
am							
pm	4:10 – 5:10 (1 st Group) 5:15 – 6:15 (2 nd Group) Dry Land (Leisure Centre)	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)		4:30 – 6:00 (3 lanes)	
	22	23	24	25	26	27	28
am							
pm	4:10 – 5:10 (1 st Group) 5:15 – 6:15 (2 nd Group) Dry Land (Leisure Centre)	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	Mallards Winter LC Inv.	Mallards Winter LC Inv.	Mallards Winter LC Inv.
	29	30	31				
am							

pm	4:10 – 5:10 (1st Group) 5:15 – 6:15 (2nd Group) Dry Land (Leisure Centre)	4:00 – 5:30 (3 lanes)					