

January 2026 – Gold Group							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3	4
am							10:30 – 12:30 (3 lanes)
Pm						4:30 – 6:00 (6 lanes)	
	5	6	7	8	9	10	11
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)	4:30 – 6:00 (3 lanes)
	12	13	14	15	16	17	18
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)	4:30 – 6:00 (3 lanes)
	19	20	21	22	23	24	25
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)	4:30 – 6:00 (3 lanes)
	26	27	28	29	30	31	
am							
pm	4:10 – 5:10 (1st Group) 5:15 – 6:15	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)		Mallards Winter Inv.	Mallards Winter Inv.

	(2nd Group) Dry Land (Leisure (Centre)						
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