

MARCH 2024 – Gold Group

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----|--|--------------------------|------------------|--------------------------|---------------|--------------------------|---------------|
| | | | | | 1 | 2 | 3 |
| am | | | | | | | |
| pm | | | | | | 4:30 – 6:00 (3 lanes) | |
| | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 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) | |
| | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 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) | |
| | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 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) | |
| | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| am | | | | | | | |

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