

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00-6:00am						
06:00-7:00am	Group 4 5.45-7.45		Group 4 5.45-7.45			
07:00-8:00am		Masters 1 5.45-6.45		Masters 4 5.45-6.45		
08:00-9:00am					Group 4 6.45-8.45	Masters 2 6.45-7.45
09:00-10:00am						
10:00-11:00am					G4 Land 9.00-10.00	G3 Land 9.00-10.00
11:00-12:00						
4:00 - 5:00pm	Group 4 (Land) 4.00-5.00		Group 4 (Land) 4.00-5.00	Nippers 4.00-5.00	Group 3 4.00-5.00	
5:00 - 6:00pm	Group 1 5.00-6.00		Group 4 5.00-7.00	Group 2 5.00-6.00	G3 Land 5.00-6.00	Group 1 5.00-6.00
6:00 - 7:00pm	Group 2 6.00-7.00		Masters 2 6.00-7.00	Group 3 6.00-7.00	Group 2 6.00-7.00	
7:00 - 8:00pm	Group 3 7.00-8.00		Group 3 7.00-8.00			

Nippers:	1 hour/week
Group 1:	2 hours/week
Group 2:	3 hours/week
Group 3:	6 hours/week
Group 4:	9 hours/week
Masters:	2 hours/week

******* Parent on Duty *******

Swim Ireland requires that a parent is in attendance at all club training sessions. Parents must check the Parent on Duty Rota and arrange cover with another parent if they cannot attend. Sessions will be cancelled if there is no parent available.

Sessions may be cancelled or merged at short notice due to galas, etc.