

Effective from Saturday 10th October until Sun 1st Nov inclusive - Level 3 Lockdown Restrictions

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Sessions						
5:45-6:45am	Group 4 5:45 - 7:45 am	Seniors - 1 5:45 - 6:45am				
6:45-7:45am		Seniors - 2 6:45 - 7:45am				
7:30-8:30am						Group 4 7:30 - 9:20am
8:30-9:30am						Seniors - 1 8:30 - 9:30am
9:30-10:30am					Group 4 9:30 - 11:20am	Group 3 9:30 - 11:20am
10:30-11:30am					Seniors - 3 10:30 - 11:30am	
Afternoon & Evening Sessions						
4:00 - 4:50pm				Nippers - 1 4:00 - 4:50pm	Group 3 4:00 - 4:50pm	
5:00 - 5:50pm	Group 1 5:00 - 5:50pm		Group 4 5:00 - 6:50pm		Group 1 5:00 - 5:50pm	
6:00 - 6:50pm	Group 2 6:00 - 6:50pm	Group 4 6:00 - 6:50pm	Seniors - 3 6:00 - 6:50pm	Seniors - 2 6:00 - 6:50pm	Group 3 6:00 - 6:50pm	Group 2 6:00 - 6:50pm
7:00 - 7:50pm	Group 3 7:00 - 7:50pm					

Nippers: 1 hour/week

Group 1: 2 hours/week

Group 2: 3 hours/week

Group 3: 5 hours/week

Group 4: 9 hours/week + 1 hours land training

Seniors: 2 hours/week

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

Swim Ireland requires that a parent is in attendance at all club training sessions.

All 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.