

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00-6:00am						
06:00-7:00am	Group 4 5.45-7.45	Masters 1 5.45-6.45	Group 4 5.45-6.45	Group 4 5.45-7.45	Masters 4 5.45-6.45	
07:00-8:00am		Masters 2 6.45-7.45	Group 4 (Land) 6.50-7.45			
08:00-9:00am					Group 4 6.45-8.45	Group 3 6.45-8.45 Transition Only
09:00-10:00am					G4 Land 9.00-10.00	G3 Land 9.00-10.00
10:00-11:00am						Group 4 7.30-9.30
11:00-12:00						Masters 4 7.30-8.30
						Masters 1 8.30-9.30
						Group 3 9.30-11.30
4:00 - 5:00pm				Nippers 1 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	Nippers 2 5.00-6.00	Group 2 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			

***** 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.

Nippers:	1 hour/week
Group 1:	2 hours/week
Group 2:	3 hours/week
Group 3:	6 hours/week + 1hr Land Training
Group 4:	11 hours/week + 2hrs Land Training
Masters:	2 hours/week