

	MON	TUE	WED	THU	FRI	FRI	SUN AM/PM	SUN PM
	WAVE	WAVE	ALC	ALC	TLA Land Training	WAVE	K2 or other	ALC
Guy 1		7pm – 8pm	6pm – 7pm			7pm – 8pm		
Guy 2		7pm – 8pm	6pm – 7pm			7pm – 8pm		6pm – 7pm
Adlington 1		7pm – 8.30pm		6pm – 7.30pm		7pm – 8pm		6pm – 7pm
Adlington 2	7.30pm – 9pm	7pm – 8.30pm		6pm – 7.30pm		7pm – 8pm		4pm – 5pm
Scott 1	7.30pm – 9pm	8pm – 9.30pm	7pm – 9pm		6.45pm – 7.30pm	8pm – 9.30pm	As Available	4pm – 6pm
Scott 2	7.30pm – 9pm	8.30pm – 9.30pm		7.30pm – 9pm	6.45pm – 7.30pm	8pm – 9.30pm		
Scott 3	7.30pm – 9pm	8pm – 9.30pm	7pm – 9pm	7.30pm – 9pm	6.45pm – 7.30pm	8pm – 9.30pm	As Available	4pm – 6pm
MASTERS		8.30pm – 9.30pm				8pm – 9.30pm		

There is NO swimming on Bank holidays due to early pool closure.

There will be planned training session cancellation due to galas throughout the year, usually on a Sunday. We do aim to minimise this.

WAVE: Littlehampton Wave, Sea Road, Littlehampton, BN16 2NA ~ ALC: Arun Leisure Centre, Felpham Way, Bognor Regis, PO22 8ED ~ TLA: The Littlehampton Academy, Fitzalan Road, Littlehampton, BN17 6FE

CONFIDENTIAL