

Phase 3 Timetable (as of 07/06/21)

Day	Time	Pods	Lanes
Monday	19:00 – 19:55	1 - 2 - 4 - 5 - 6 - 7	1-6
Monday	20:00 – 20:55	9 - 10 - 11 - 12 - 13 - 14	1-6
Wednesday	18:00 – 18:55	4 - 5 - 6 - 8 - 13 - 14	1-6
Wednesday	19:00 – 19:55	9 - 10 - 11 - 12 - 13 - 14	1-6
Thursday	19:00 – 19:55	4 - 5 - 7 - 8 - 13 - 14	1-6
Thursday	20:00 – 20:55	9 - 10 - 11 - 12 - 13 - 14	1-6
Sunday	8:30 – 9:25	9 - 10 - 11 - 12 - 13 - 14	1-6
Sunday	9:30 – 10:25	3 - 6 - 7 - 8 - 13 - 14	1-6

Dolphin Squad

Pods 1, 2 and 3 1 session a week available

Development Squad

Pods 4, 5, 6, 7 and 8 3 sessions available a week

County Development Squad

Pods 9, 10, 11 and 12 4 sessions a week available

Performance Squad

Pods 13 and 14 7 sessions a week available