	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
07:00	Triathlon 07.00 - 08.00										Kn Sc					Triathlon 07.00 - 08.00																			
07:30																																			
08:00						EYEC 8-9																													
09:00	Glen-dower 09.00 - 12.00					Qu's G 09.00 - 10.00					Glen-dower 09.00 - 12.00					P.L Primary 9-10					St.Nick 09.00 - 12.00					Fast Fins 09.00 - 15.00		Family Swim			Fast Fins 09.00 - 15.00		Family Swim		
09:30																																			
10:00						Thomas 10.00 - 11.30										Thomas 10.00-12.00																			
10:30																																			
11:00						French 11.00 - 12.00																													
11:30																																			
12:00																																			
12:30																																			
13:00																																			
13:30																																			
14:00	Glen-dower 14.00 - 16.00										Hyde Park School 14 -16		ACC Swim Waterpol 14 16								Qu's G 14.00 - 15.00														
14:30						French 14.30 - 15.30										French 14.30 - 15.30																			
15:00																																			
15:30																																			
16:00	Fast Fins 16.00 - 18.30					Fast Fins 16.00 - 18.55					Fast Fins 16.00 - 20.00					Fast Fins 16.00 - 19.00					Fast Fins 16.00 - 19.00						ACC Swim & Waterpolo 16.00-18.00									
16:30																																			
17:00																																			
17:30																																			
18:00																										ICSMSU Swim & Waterpolo 18.00-20.00					ACC Swim & Waterpolo 18.00-20.00				
18:30																																			
19:00	ACC Swim and Waterpolo 19.00 - 22.00					ICSMSU Waterpolo 19.00 - 20.30										Imp 19 - 20					ACC Swim & Waterpolo 19.00-22.00														
19:30																																			
20:00																RCC Underwater 20.00-22.00																			
20:30						RCC Canoe 20.30-22.00					Synchronised Swimming 20.30 - 22.00																								
21:00																																			
21:30																																			