



Day	Activity	Venue	Time	Coach	Notes
Monday	pool	Wales National pool	6-7:30am	Hayley and Nathan	
Monday	pool	Wales National pool	9:30-11:30am	Hayley and Owen	Available in Holiday / half terms only due to school hours
Monday	pool	Wales National pool	5-7PM	Hayley and Owen	
Tuesday	pool	Wales National pool	6-7:30am	Hayley and Owen	
Tuesday	pre-pool	Wales National pool	4:20- 4:50	Joe Jones	
Tuesday	pool	Wales National pool	5-7PM	Hayley and Owen	
Tuesday	S AND C	Wales National pool	7:15-8:15PM	Joe Jones	
Wednesday	pre -pool	Wales National pool	8:50-9:20am	Joe Jones	Available in Holiday / half terms only due to school hours
Wednesday	pool	Wales National pool	9:30-11:30am	Hayley and Owen	Available in Holiday / half terms only due to school hours
Wednesday	pool	Wales National pool	5-7PM	Keith Haynes	
Thursday	pool	Wales National pool	7:30-9:30am	Kyle / Hayley / Adam	Available in Holiday / half terms only due to school hours
Thursday	Pre- pool	Wales National pool	4:20-4:50PM	Joe Jones	
Thursday	pool	Wales National pool	5-7PM	Hayley and Owen	
Thursday	S AND C	Wales National pool	7:15-8:15PM	Joe Jones	
Friday	pool	Wales National pool	6-7:30am	Hayley and Kyle	
Friday	pool	Wales National pool	5-7PM	Hayley / Owen and Kyle	
Saturday	pool	Wales National pool	9-11am	Hayley and Owen	
Saturday	S AND C	Singleton gym "shed"	12-1pm	Joe Jones	

\* Please note that, when possible, you are expected to arrive 20min prior to the session start time, this is to do your own pre-pool on sessions where Joe isn't leading it.