

COACHING TIMETABLE

| | AM | Session 1 | Session 2 | Session 3 |
|------------------|--|---|---|--|
| Monday | Performance 6.15-7.30 Coach:Emily | Performance 5-6.45 Coach: Emily Assistant Coach: Chloe | Development ALL 6.45-7.45 Coach: Emily Assistant Coach: Martin&Chloe | - |
| Tuesday | - | Development JR 5-6 Coach: Jane & Amber | Development SR 6-7pm Coach: Jane & Amber | Performance Land 6.45-7 Swim 7-9 Coach: Jane & Amber |
| Wednesday | - | Performance 5-6.30 Coach: Amber | Development ALL 6.30-7.30 Coach: Amber | - |
| Thursday | - | Development ALL 5-6 Coach: Jane & Amber | Performance 6-7.30 Coach: Jane & Amber | - |
| Friday | Performance 6.15-7.30 Coach: Amber | Performance 5-6.45 Coach: Amber | Development ALL 6.45-7.45 Coach: Amber Assistant Coach: Kevin&Charlotte | - |

****Coaches are subject to change due to illness/unexpected circumstances or other commitments****