

Dolphins Weekly Training Timetable

		Monday		Tuesday	Wednesday		Thursday		Friday		Saturday		Sunday	
		am	pm	am	pm	am	pm	am	pm	am	pm	am	pm	pm
Stewart / Tom	Gold		5.30-6.30			6.00-7.30	7.15-8.45		4.00-5.30	6.00-7.30			6:30-7.30	7.45-8.45
			KC			HH	GRAM		HH	HH			HH Land training	HH
Stewart / Tom	Green		5.30-6.30			6.00-7.30			4.00-5.30	6.00-7.30			6:30-7.30	7.45-8.45
			KC			HH			HH	HH			HH Land training	HH
Gillian	Yellow					6.30-7.30			6.30-7.30		7.45-9.15			6.30-7.45
						SH			SH		HH			HH
Anna / Morven	Red			6.30-7.30			6.15-7.15							5.30-6.30
				SH			GRAM							HH
Anna / Morven	Aq5						5.15-6.15					4:30 - 5:30		
							GRAM					HH		
Louise	Aq4						4.15-5.15					3:30 - 4:30		
							GRAM					HH		
Steve	Assoc				6.00-7.30									5.45-8.15
					SH									GRAM

HH	Hazlehead Pool
SH	Summerhill Pool
KC	Kincorth Pool
GRAM	Grammar School Pool
TS	Tullos Pool