**ABERDEEN DOLPHIN TIMETABLE Commencing 16 April 2018**

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|  |  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY** |  |
|  | **DOLPHIN 8** **(\*choose 2 per week)** | **18:00-19:00****RGC** |  |  | **18:30-19:30****RGC** |  |  | **09:00-10:00****BoD** |  |
|  | **JUNIOR RED****(\*choose 3 sessions. Saturday TBC)** | **19:00-20:00****RGC** |  |  | **18:30-19:30****RGC** |  |  | **09:00-10:00****BoD** |  |
|  | **RED** | **19:00-20:00****RGC** |  |  | **19:30-20:30****RGC** | **18:00-19:00****RGC** | **06:00-07:30****Tullos** |  |  |
|  | **YELLOW** | **18:00-19:00****RGC** | **06:00-07:30****RGU** |  | **19:30-20:30****RGC** | **19:00-20:00****RGC** |  | **08:00-09:00****BoD** |  |
|  | **SILVER** |  | **20:00-21:00****ASV** | **06:00-07:30****RGU** | **18:00-19:00****RGU** | **06:00-07:30****RGU** | **15:30-17:30****RGU** | **18:00-20:00****ASV (LC)** |  |
|  | **GOLD PERFORMANCE****(JUNIOR)** | **20:00-21:00****RGU** | **20:00-21:00****RGU** | **18:00-19:30****RGU** | **06:00-07:30 RGU****18:30-20:00****ASV** | **17:00-18:00****RGU** | **11:00-13:00****ASV (LC)** | **11:00-12:00****ASV****+ 10:30 Land Training** |  |
|  | **GOLD SPRINT PERFORMANCE****(SENIOR)** | **20:00-21:00 RGU** | **20:00-21:00** **ASV**  |  | **18:30-19:30** **ASV** | **17:00-18:00****RGU** | **11:00-12:00****Or****12:00-13:00****ASV (LC)** | **11:00-12:00 ASV** |  |
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|  | * RGC: Robert Gordon’s College (School), Schoolhill, Aberdeen
* BoD: Bridge of Don Academy, Braehead Way, Bridge of Don
* ASV: Aberdeen Sports Village (LC: Long Course)
* RGU: Robert Gordon University, Garthdee Aberdeen
* Tullos Pool: 179 Girdleness Road, Aberdeen
* Parents please check the coach is in attendance before leaving your child at the pool.
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