**ABERDEEN DOLPHIN TIMETABLE Commencing 16 April 2018**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |
|  |  | **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** |  |
|  |  |  |  |  |  |  |  |  |  |
|  | * 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. | | | | | | | |  |