

## TENBY DOLPHINS WEEKLY SQUAD TRAINING TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00		Masters L3 Senior Squad L4 Junior Squad L1+2 Development Teams L1+2		Masters L3 Senior Squad L4 Junior Squad L1+2 Development Teams L1+2			
15:00 - 16:00							Development Teams L1 Junior Squad L2+3 Senior Squad L4
16:00 - 17:00							Development Teams L1 Junior Squad L2+3 Senior Squad L4
18:00 - 19:00	Water Dragons Junior Swim Fit L1,2+3 Pre Competition L4	Senior Squad L2+3 Junior Squad L1+4		Water Dragons Junior Swim Fit L1,2+3 Pre Competition L4			
19:00 - 20:00	Development Teams L1+4 Senior Squad L2 Junior Squad L3	Senior Squad L2+3 Junior Squad L1+4	Non-Competitive Squad Session Senior Swim Fit L1,2,3 +4	Development Teams L1+4 Senior Squad L2 Junior Squad L3	Non-Competitive Squad Session Masters L3 +4 Senior Swim Fit L1,2		
20:00 - 21:00	Senior Squad L2+3 Junior Squad L1+4			Senior Squad L2+3 Junior Squad L1+4			