United training timetable - week beginning 8 June

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Newmarket								**Newmarket**
Evening times								**Evening times**
4.00-5.00pm						Gold 4.00-5.30pm	Silver 4.00-5.30pm	4.00-5.00pm
5.00-5.30pm								5.00-5.30pm
5.30-5.45pm								5.30-5.45pm
5.45-6.15pm					Silver 5.45-7.15pm			5.45-6.15pm
6.15-6.30pm		Senior (Tues) 6.15-7.30pm Senior (Thurs) 7.30-8.45pm		Senior (Thurs) 6.15-7.30pm Senior (Tues) 7.30-8.45pm				6.15-6.30pm
6.30-7.15pm	Silver 6.30-7.30pm		Gold 6.30-8.00pm					6.30-7.15pm
7.15-7.30pm								7.15-7.30pm
7.30-8.00pm	Gold 7.30-8.45pm							7.30-8.00pm
8.00-8.45pm								8.00-8.45pm
Swimtastic	69a Merton Rd, St Johns							**Swimtastic**
Morning times							6 lane pool	**Morning times**
7.00-8.00am							Bronze 7.00-8.30am / Mini Bronze 7.00-8.30am	7.00-8.00am
8.00-8.30am								8.00-8.30am
9.00-10.30am								9.00-10.30am
10.30-12noon								10.30-12noon
Evening times							6 lane pool	**Evening times**
3.00-4.00pm						6 lane pool	Senior 3.00-4.30pm	3.00-4.00pm
4.00-4.30pm						Bronze 4.00-5.15pm / Mini Bronze 4.00-5.15pm		4.00-4.30pm
4.30-5.00pm								4.30-5.00pm
5.00-5.15pm								5.00-5.15pm
5.15-5.30pm						Senior 5.15-6.30pm		5.15-5.30pm
5.30-5.45pm	4 lane pool	4 lane pool						5.30-5.45pm
5.45-6.00pm				6 lane pool				5.45-6.00pm
6.00-6.15pm	Mini Bronze 5.45-7.00pm	Bronze 5.45-7.00pm	4 lane pool					6.00-6.15pm
6.15-6.30pm				Silver 6.05-7.15pm / Bronze 6.05-7.15pm				6.15-6.30pm
6.30-6.45pm			Mini-Bronze 6.15-7.30pm		6 lane pool			6.30-6.45pm
6.45-7.00pm	6 lane pool	6 lane pool	6 lane pool		Bronze 6.45-8.00pm / Mini-Bronze 6.45-8.00pm			6.45-7.00pm
7.00-7.15pm	Senior 7.05-8.30pm	Gold 7.05-8.30pm / Silver 7.05-8.30pm	Senior 7.05-8.30pm	Gold 7.15-8.30pm				7.00-7.15pm
7.15-7.30pm								7.15-7.30pm
7.30-8.00pm								7.30-8.00pm
8.00-8.15pm								8.00-8.15pm
8.15-8.30pm								8.15-8.30pm