United training timetable - week beginning 1 June

	Monday (Queen's birthday)			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						Gold 6.30-8.00pm										6.30-7.15pm
7.15-7.30pm																7.15-7.30pm
7.30-8.00pm																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	6 lane pool		4 lane pool													8.00-8.30am
9.00-10.30am	Senior		Bronze													9.00-10.30am
10.30-12noon	Gold	Silver	Mini Bronze													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											5.30-5.45pm
5.45-6.00pm					Bronze 5.45-7.00pm			6 lane pool								5.45-6.00pm
6.00-6.15pm							4 lane pool	Silver 6.05-7.15pm	Bronze 6.05-7.15pm							6.00-6.15pm
6.15-6.30pm							Mini-Bronze 6.15-7.30pm									6.15-6.30pm
6.30-6.45pm										6 lane pool						6.30-6.45pm
6.45-7.00pm				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				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