

		West Kirby Concourse			Calday Pool			
Friday	20th July	YELLOWS 18.00-19.00	REDS / SENIORS 19.00-20.15	BLUES / MASTERS 20.15-21-30		Gold 19.30-20.30		
Saturday	21st July	GOLD 17.00-18.00	YELLOWS 18.00-19.00	BLUES/ SENIORS / MASTERS 19.00-20.00		Bronze 17.00-18.00 Silver 18.00-19.00	Reds 19.00-20.00	
Sunday	22nd July		REDS / SENIORS 16.15-18.00	BLUES / MASTERS 18.00-20.00		Aquathon - no morning training	Silver 16.30-17.30 GOLDS 17.30-18.45 AND YELLOWS 18.45-20.00	
Monday	23rd July	BLUES/MASTERS 19.00-20.30						
Tuesday	24th July					REDS /SENIORS 18:30-19:30		
Wed	25th July					YELLOWS 18.00-19.00	BLUES / MASTERS 19.00-20.00	
Friday	26th July	YELLOWS 18.00-19.00	REDS / SENIORS 19.00-20.15	BLUES / MASTERS 20.15-21-30		Gold 19.30-20.30		
Saturday	28th July	GOLD & invited Co-op CUP silver 17.00-18.00	YELLOWS & REDS 13 and UNDER 18.00-19.00	BLUES/ SENIORS / MASTERS and REDS 14+ 19.00-20.00				
Sunday	29th July	YELLOWS 16.15-17.15	REDS / SENIORS 17.15-18.30	BLUES / MASTERS 18.30-20.00			GOLDS 16.30-18.00	
Monday	30th July	BLUES/MASTERS 19.00-20.30				Calday Shutdown		
Tuesday	31st July						Calday Shutdown	
Wed	1st August						Calday Shutdown	
Friday	3rd August	GOLD/YELLOWES 18.00-19.00	REDS / SENIORS 19.00-20.15	BLUES / MASTERS 20.15-21-30			Calday Shutdown	
Saturday	4th August	GOLD & invited Co-op CUP silver 17.00-18.00	YELLOWES & REDS 13 and UNDER 18.00-19.00	BLUES/ SENIORS / MASTERS and REDS 14+ 19.00-20.00		Calday Shutdown		
Sunday	5th August	GOLD/YELLOWES 16.15-17.15	REDS / SENIORS 17.15-18.30	BLUES / MASTERS 18.30-20.00		Calday Shutdown		
Monday	6th August	BLUES/MASTERS 19.00-20.30						
Tuesday	7th August					REDS /SENIORS 18:30-19:30		
Wed	8th August					YELLOWES 18.00-19.00	BLUES / MASTERS 19.00-20.00	
Friday	9th August	YELLOWES 18.00-19.00	REDS / SENIORS 19.00-20.15	BLUES / MASTERS 20.15-21-30		Gold 19.30-20.30		
Saturday	11th August	GOLD & invited Co-op CUP silver 17.00-18.00	YELLOWES & REDS 13 and UNDER 18.00-19.00	BLUES/ SENIORS / MASTERS and REDS 14+ 19.00-20.00				
Sunday	12th August	Co-op CUP SQUAD 16.15-17.15	REDS / SENIORS 17.15-18.30	BLUES / MASTERS 18.30-20.00			GOLDS AND YELLOWES NON Co-op CUP 16.30-18.00	
Monday	13th August	BLUES/MASTERS 19.00-20.30						
Tuesday	14th August					REDS /SENIORS 18:30-19:30		
Wed	15th August					YELLOWES 18.00-19.00	BLUES / MASTERS 19.00-20.00	
Friday	17th August	YELLOWES 18.00-19.00	REDS / SENIORS 19.00-20.15	BLUES / MASTERS 20.15-21-30		Gold 19.30-20.30		
Saturday	18th August	GOLD & invited Co-op CUP silver 17.00-18.00	YELLOWES & REDS 13 and UNDER 18.00-19.00	BLUES/ SENIORS / MASTERS and REDS 14+ 19.00-20.00				
Sunday	19th August	Co-op CUP SQUAD 16.15-17.15	REDS / SENIORS 17.15-18.30	BLUES / MASTERS 18.30-20.00			GOLDS AND YELLOWES NON Co-op CUP 16.30-18.00	
Monday	20th August	BLUES/MASTERS 19.00-20.30						
Tuesday	21st August					REDS /SENIORS 18:30-19:30		
Wed	22nd August					YELLOWES 18.00-19.00	BLUES / MASTERS 19.00-20.00	
Friday	23rd August	YELLOWES 18.00-19.00	REDS / SENIORS 19.00-20.15	BLUES / MASTERS 20.15-21-30		Gold 19.30-20.30		
Saturday	25th August	GOLD & invited Co-op CUP silver 17.00-18.00	YELLOWES & REDS 13 and UNDER 18.00-19.00	BLUES/ SENIORS / MASTERS and REDS 14+ 19.00-20.00				
Sunday	26th August	Co-op CUP SQUAD 16.15-17.15	REDS / SENIORS 17.15-18.30	BLUES / MASTERS 18.30-20.00			GOLDS AND YELLOWES NON Co-op CUP 16.30-18.00	
Monday	27th August	Bank Holiday no Training						
Tuesday	28th August							

Normal Timetable resumes