

Session Name	Ability	Pool	No. Of Lanes	Day	Time	Duration
Saturday A.M	SQUAD	KIMBERLEY LEISURE CENTRE	5	Saturday	8-9a.m	1 Hour
Saturday A.M	IMPROVERS	KLC	5	Saturday	8-9 a.m	1 Hour
Saturday P.M	IMPROVERS/SQUAD	KLC	4	Saturday	6-7p.m	1 Hour
Saturday P.M	DISABILITY	KLC	1	Saturday	6-6.45 p.m	45mins
Sunday P.M	IMPROVERS	KLC	5	Sunday	6.15-7.15p.m	1 Hour
Sunday P.M	DIVES/TURNS	KLC	3	Sunday	7.15-8.00p.m	45mins
Sunday P.M	TRIALS	KLC	1	Sunday	7.15-8.00p.m	45mins
Sunday P.M	SQUAD	KLC	5	Sunday	8.00-9.00p.m	1 Hour
Monday P.M	IMPROVERS	KLC	5	Monday	7-8p.m	1Hour
Monday P.M	SQUAD	KLC	5	Monday	8-9p.m	1 hour
Wednesday p.m	SQUAD IMPROVERS LANE 5 SQUAD	KLC	4 1 5	Wednesday	7 -8p.m 7-8p.m 8.9p.m	1hr sessions Based on age/ability
FridayP.M	SQUAD	Alfreton	5	Friday	7.15 8.45p.m	1 hour 30mins
