

Day	Date	National	National Sprint	Age Perf	Age Development	Camp	
Monday	1	normal training	normal training	normal training	normal training		
Tuesday	2	6.30-8.00am (EC) & 5.00-6.30pm (EC)			4.30-6.00pm (EP)***	EXPO 8.30am-5.00pm	
Wednesday	3	off			6.30-8.00am & 5.30-7.00pm (EC)***	EXPO 8.30am-5.00pm	
Thursday	4	6.30-8.00am (EC) & 5.00-6.30pm (EC)			off	EXPO 8.30am-5.00pm	
Friday	5	normal training	5.00-5.45pm (land) 5.45-7.45pm EC	normal training	am as usual, 4.20-5.45pm (water EC), 6-6.45pm land		
Saturday	6	6.30-8.30am (EC)		8.30am-10.30am (EC)***		College breaks for summer/Northampton	
Sunday	7	off				Northampton - non national	
Monday	8	5.00-7.00pm (EC)			5.45-7.30pm (EP)	camp 8.00am-5.00pm	
Tuesday	9	6.30-8.00am (EC) & 5.00-7.00pm (EC)			6.30-8.00am & 5.00-7.00pm (EC)	camp 8.00am-5.00pm	
Wednesday	10	off			5.00-6.30pm (EC)	camp 8.00am-5.00pm	
Thursday	11	6.30-8.00am (EC) & 5.00-7.00pm (EC)			6.30-8.00am (EC)	camp 8.00am-5.00pm	
Friday	12	5.30-7.30pm (EC)			5.30-7.00pm (EP)	*camp 8.00am-5.00pm	
Saturday	13	10.30-12.30pm (EC)			6.30-8.00am (EP)	camp 6.30-10.30am	
Sunday	14	off					
Monday	15	5.30-7.30pm (EC)			5.45-7.30pm (EP)	camp 8.00am-5.00pm	
Tuesday	16	6.30-8.00am (EC) & 5.00-7.00pm (EC)			6.30-8.00am & 5.00-7.00pm (EC)	camp 8.00am-5.00pm	
Wednesday	17	off			5.00-6.30pm (EC)	camp 8.00am-5.00pm	
Thursday	18	6.30-8.00am (EC) & 5.00-7.00pm (EC)			6.30-8.00am (EC)	camp 8.00am-5.00pm	
Friday	19	5.30-7.30pm (EC)			5.30-7.00pm (EP)	camp 8.00am-5.00pm	
Saturday	20	10.30-12.30pm (EC)			6.30-8.00am (EP)	camp 6.30-10.30am	
Sunday	21	off					
Monday	22	7.00am-8.30am (EC) & 6.00-7.30pm (EC)			8.30-10.00am (EC) & 6.00-7.30pm (EC)		
Tuesday	23	4.00-6.00pm (EC)			7.00-9.00am (EC)		
Wednesday	24	7.00-9.00am			off		
Thursday	25	3.30-5.30pm (EC)			7.00-9.00am (EC) & 3.30-5.30pm (EC)		
Friday	26	7.00-9.00am & 5.30-7.00pm (EC)			3.30-5.30pm (EC)		
Saturday	27	off					
Sunday	28	5.00-7.00pm (EC)			3.30-5.00pm (EC)		
Monday	29	7.00-9.00am (EC) & 6.00-7.30pm (EC)					
Tuesday	30	7.00-8.30am (EC)			8.30-10.00am (EC)		
Wednesday	31	SUMMER BREAK - NON ENGLISH NATIONALS & OW					

\*\*\*incl. S7 & Imogen, Esmee, Bea, Rouben, Harry & Junior

\* language students using pool from today

Fri, Sat, Mon & Tue 2-3.30pm