

DOLPHINS SWIMMING CLUB SCHEDULE with Coaches for 2018- 19 Season

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05.30-7.30AM	05.30-7.30AM	05.30-7.30AM	05.30-7.30AM	05.30-7.30AM	06.30-8.30AM	
GOLD & SILVER		GOLD & SILVER		GOLD & SILVER	GOLD & SILVER	
BRONZE		BRONZE		SSQ	BRONZE	
18+12 (Paul)		18+12 (Matt)		18 (Paul)	18+12 (Matt)	
6.00-7.00PM	6.00-7.00PM	6.00-7.00PM	6.00-7.00PM	6.00-7.00PM	11.30-12.30PM	
GOLD & SILVER	BRONZE	BRONZE	GOLD & SILVER	GOLD & SILVER	JSQ	
JSQ	DOLPHIN 5	DOLPHIN 5	BRONZE	DOLPHIN 5	SSQ	
18 (Matt + Hugo)	DOLPHIN 6	DOLPHIN 6	18+12 (Paul + AJ)	18+9 (Matt + Paul)	(Hugo)	
	DOLPHIN 7	DOLPHIN 7				
	12+24 (Matt + Hugo)	12+24 (Hugo + Paul)				
7.00-8.00PM	7.00-8.00PM		7.00-8.00PM	7.00-8.00PM	12.30-1.30PM	
GOLD & SILVER	JSQ		GOLD & SILVER	GOLD & SILVER	DOLPHIN 5	
SSQ	SSQ		18 (Paul)	BRONZE	DOLPHIN 6	
18 (Matt + Hugo)	(Matt + AJ)			18+12 (Matt + Paul)	DOLPHIN 7	
					24 (Hugo)	

DRY LAND SCHEDULE

MONDAY 4.45-5.45PM GOLD & SILVER – Matt