## **DOLPHINS SWIMMING CLUB SCHEDULE with Coaches for 2018-19 Season**

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

DRY LAND SCHEDULE

MONDAY 4.45-5.45PM GOLD & SILVER – Matt