## Term Time 30 Weeks

| DAY       | LANE                       | 6 - 7         | 7 - 8   | 8 - 9                  | 9 - 10  | 10 - 11       | 11 - 12 | 12 - 1      | 1 - 2                | 2 - 3                | 3 - 4           | 4 - 5          | 5 - 6          | 6 - 7                         | 7 - 8                      | 8 - 9                      | 9 - 10              |
|-----------|----------------------------|---------------|---------|------------------------|---------|---------------|---------|-------------|----------------------|----------------------|-----------------|----------------|----------------|-------------------------------|----------------------------|----------------------------|---------------------|
| Monday    | 1<br>2<br>3<br>4           |               |         |                        |         |               | ools    |             | Schools              |                      |                 |                | Junior Lessons |                               | Club 1                     | University<br>Swim<br>Club | University<br>Water |
|           | 5<br>6<br>7<br>8           |               |         | Lane Swimming          |         |               |         |             |                      |                      | Lane Swimming   |                |                | Polo Club                     |                            |                            |                     |
| Tuesday   | 1<br>2<br>3<br>4           | Club 2        |         | University Swim Club   |         | Schools       |         |             | Schools              |                      | Staff           | Junior Lessons |                |                               | Tri Club                   | University<br>Swim<br>Club | University<br>Canoe |
|           | 5<br>6<br>7<br>8           |               |         | Lane Swimming          |         |               |         |             |                      | Training             |                 | Li             | ane Swimmi     | ne Swimming                   |                            |                            |                     |
| Wednesday | 1<br>2<br>3<br>4           |               |         |                        |         | Scho          | ools    |             | Conorr               | al University        | Lleago          | Junior Lessons |                | Club 1                        |                            | Tri Club                   | University<br>Water |
|           | 5<br>6<br>7<br>8           |               |         | Lane Swimming          |         |               |         | Genera      | Usaye                | Surior Lessons       |                 |                |                |                               | Polo Club                  |                            |                     |
| Thursday  | 1<br>2<br>3<br>4           | Club 1        |         | University Swim Club   |         | Schools       |         | Scho        | Schools              |                      | Junior Lessons  |                | Club 2         |                               | University<br>Swim<br>Club | University<br>Canoe        |                     |
|           | 5<br>6<br>7<br>8           | Lane Swimming |         |                        |         |               |         |             |                      |                      |                 |                |                | Polo Club                     |                            |                            |                     |
| Friday    | 1<br>2<br>3<br>4           |               |         |                        | Schools |               | Schools |             |                      | Junior Lessons       |                 | Club 1         |                | Tri Club                      |                            |                            |                     |
|           | 5<br>6<br>7<br>8           |               |         |                        |         | Lane Swimming |         |             |                      | Julioi Lessons       |                 |                |                |                               |                            |                            |                     |
| Saturday  | 1<br>2<br>3<br>4           |               | Lana Ci |                        |         |               |         | ub 1 Club 2 |                      | University Swim Club |                 | Lane Swimming  |                |                               |                            |                            |                     |
|           | 5<br>6<br>7<br>8           |               |         |                        | Lane Sw | imming        |         |             |                      |                      |                 |                | Lane Swimming  |                               |                            |                            |                     |
| Sunday    | 1<br>2<br>3<br>4<br>5      | Lane St       |         |                        |         | vimming       |         |             | University Swim Club |                      | Sw              | vim Club Gala  |                | University Water Polo<br>Club |                            |                            |                     |
|           | 6<br>7<br>8<br><b>LANE</b> | 6 - 7         | 7 - 8   | 8 8-9 9-10 10-11 11-12 |         |               |         | 12 - 1      | 1 - 2                | 3 - 4                | 3-4   4-5   5-6 |                |                | 6-7 7-8 8-9                   |                            |                            |                     |

## University of York - Programme for a 25m 8 Lane Swimming Pool

## Non Term Time 21 Weeks

|           |                                 |             | reeks |       |         |                   |              |       |                      |               |                  |          |                  |        |                 |               |  |
|-----------|---------------------------------|-------------|-------|-------|---------|-------------------|--------------|-------|----------------------|---------------|------------------|----------|------------------|--------|-----------------|---------------|--|
| DAY       | LANE                            | 6 - 7       | 7 - 8 | 8 - 9 | 9 - 10  | 10 - 11   11 - 12 | 12 - 1       | 1 - 2 | 2 - 3                | 3 - 4         | 4 - 5            | 5 - 6    | 6 - 7            | 7 - 8  | 8 - 9           | 9 - 10        |  |
| Monday    | 1<br>2<br>3<br>4                |             |       |       |         | Schools           | Junior Class | Scho  | ools                 | Junior Class  |                  | _essons  | Adult<br>Lessons | Club 1 | Lane Sv         | vimmina       |  |
|           | 5<br>6<br>7<br>8                |             |       |       |         | Lane Swim         | imming       |       |                      |               | Guillet Ecocotic |          |                  |        | g               |               |  |
| Tuesday   | 1<br>2<br>3<br>4                | Clu         | b 2   |       |         | Schools           | Junior Class | Scho  | ools                 | Junior Class  | Junior l         | _essons  |                  |        |                 |               |  |
|           | 5<br>6<br>7<br>8                | 5<br>6<br>7 |       |       |         |                   |              |       |                      |               |                  |          | _                |        |                 |               |  |
| Wednesday | 1<br>2<br>3<br>4                |             |       |       |         | Schools           | Junior Class |       | Staff                | Junior Class  | lunior l         | _essons  | Clu              | ıb 1   | Lane Sv         | vimmina       |  |
|           | 5<br>6<br>7<br>8                |             |       |       |         | Lane Swimming     |              |       | Training             | Lane<br>Swim  | Garner           | L0330113 |                  |        | Edilo Owillilli |               |  |
| Thursday  | 1<br>2<br>3<br>4                | Clu         | b 1   |       |         | Schools           | Junior Class | Scho  | ools                 | Junior Class  | Junior L         | _essons  | Clu              | ıb 2   | Lane Sv         | vimmina       |  |
| maisaay   | 5<br>6<br>7<br>8                | 5<br>6<br>7 |       |       |         |                   |              |       |                      |               |                  |          |                  |        |                 | Lane Smilling |  |
| Friday    | 1<br>2<br>3<br>4                |             |       |       |         | Schools           | Junior Class | Scho  | ools                 | Junior Class  |                  | _essons  | Clu              | ub 1   | Lano Su         | vimming       |  |
|           | 5<br>6<br>7<br>8                |             |       |       |         | Lane Swimming     |              |       |                      |               | Junor            |          |                  |        | Lane Swimming   |               |  |
| Saturday  | 1<br>2<br>3<br>4                | Lan         |       |       |         | wimming           | Club 2       |       | [<br> <br> <br>  Gal |               | as               |          | Lane Swimming    |        |                 |               |  |
|           | 5<br>6<br>7<br>8                |             |       |       | Edilo O | ig                |              |       |                      | Gale          | <b>~</b>         |          | Land Ownning     |        |                 |               |  |
| Sunday    | 1<br>2<br>3<br>4<br>5<br>6<br>7 |             |       |       | Lane Sv | wimming           | Club 1       |       |                      | Lane Swimming |                  |          |                  |        |                 |               |  |
| DAY       | 8<br>LANE                       | 6 - 7       | 7 - 8 | 8 - 9 | 9 - 10  | 10 - 11   11 - 12 | 12 - 1       | 1 - 2 | 2 - 3                | 3 - 4         | 4 - 5            | 5 - 6    | 6 - 7            | 7 - 8  | 8 - 9           | 9 - 10        |  |

Schools 9 Weeks in the Non-Term Time