

May Changes

MP not available

Wednesday 1/05/2019	All sessions are running as normal in the morning				
AC3	Pool	Leys	16:00-17:30	LB	2
	Studio	Leys	17:30-18:00	LB	
HP/NP	Pre-pool	Leys	16:40-17:00	AB	
	Pool	Leys	17:00-19:00	AB	2
	Post-pool: poolside	Leys	19:00-19:20	Athlete led	
	Gym	Leys	19:20-20:15	Athlete led	
DS1	Sport Hall	Leys	16:30-17:30	FW	
DS2/DS3	Sport Hall	Leys	16:30-17:15	FW	
	Pool	Leys	17:30-19:00	FW	3
	Post-pool: poolside	Leys	19:00-19:30	LB	
DS3	Pool	Leys	17:30-19:00	LO	1
NP/P1 (Mid Dist & BR/S)	Pre-pool	Leys	18:40-19:00	Athlete led	
	Pool	Leys	19:00-21:00	IK/AB/LB	5
P2	Studio	Leys	18:00-18:45	Cancelled	
	Pool	Leys	19:00-21:00	FW	3
Masters/JM1/JM2	Pool	OH	20:00-21:30	ZL	6

Changes due to SER Youth

ZL/AB

Thursday 02/05/2019	NP SP1	Pre-pool: poolside	Leys	5:50- 6:00	AB	
		Pool	Leys	6:00- 6:50	AB	1
		Gym	Leys	7:05- 8:00	RF	
	NP SP2	Pre-pool: poolside	Leys	5:50- 6:00	RF	
		Gym	Leys	6:00- 6:50	RF	1
		Pool	Leys	7:00- 8:00	AB	1
	HP	Pre-pool: poolside	Leys	5:50- 6:00	RF	
		Pool	Leys	6:00- 8:00	AB	1
	P3	Pool	Leys	5:50- 7:30	LO	2
	HP/NP SER swimmers 1 hour only	Studio	Barton	17:15- 18:15	AB	
		Pre-pool	Barton	18:00- 18:20	AB	
		Pool	Barton	18:30- 20:30	AB	4
	AC2/DS1	Pool	Ferry	18:45- 20:30	LB/LO	3/3
	NP/P1 SER swimmers 1 hour only	Pool	OH	18:45- 20:30	ZL	3
P2	Pool	OH	18:45- 20:30	FW	3	
Masters/JM1/JM2	Pool	OH	20:30- 22:00	ZL	5	
Friday 03/05/2019	NP/P1 SER youth swimmers turn up at 6am – 1 hour only Others normal	Pool	OH	5:20- 7:30	ZL	3
	DS1	Pre-pool: poolside	OH	5:30- 5:45	FW	
		Pool	OH	5:45- 7:15	FW	3
		Post-pool	OH	7:15- 7:30	FW	
	HP/NP SER youth	Pool	Leys	5:20- 7:30	AB	4

	swimmers turn up at 6am – 1 hour only					
	Others normal					
	NP/P1/P2 Non SER swimmers	Pre-pool	Leys	16:45-17:00	FW	
		Pool	Leys	17:00-19:00	FW	6
	DS2	Land: studio	Leys	17:45-18:45	Cancelled	
		Pool	Leys	19:00-21:00	FW	3
	P3/DS3	Pre-pool: poolside	Leys	18:50-19:20	LO	
		Pool	Leys	19:30-21:00	LO	3
	AC2	Pool	OH	18:00-19:30	LB+1	3
	AC1	Pool	OH	18:00-19:30	LB+1	3
	Cancelled	Pool	OH	19:30-21:00		6
Saturday 04/05/2019	All sessions are running as normal					
Sunday 05/05/2019	NP/P1/P2	Pool	Leys	16:00-18:00	FW	6
	Cancelled	Land: studio	Leys	16:45-17:45		
	DS2	Pool	Leys	18:00-20:00	FW	3
	Masters	Pool	Leys	18:30-20:00	Set by ZL	3
	DS1	Pool	OH	15:00-16:30	LB	3
	P3/DS3	Pool	OH	15:00-16:30	LO	3
	RSB/RSS/RSG	Pool	OH	16:30-17:30	LB/LO	
	AC3	Pool	OH	17:30-19:00	LB	3
	AC1	Pool	OH	17:30-19:00	LB	3
	Cancelled	Pool	OH	19:00-20:30		6
Monday 06/05/2019	All sessions are cancelled due to bank holiday					
Bank holiday						

Changes due to SER Age groups

Coach attending: FW

Friday 10/05/2019	NP/P1 SER age swimmers turn up at 6am – 1 hour only	Pool	OH	5:20- 7:30	ZL	3
	Others normal					
	DS1 SER age swimmers turn up at 6am – 1 hour only	Pre-pool: poolside	OH	5:30- 5:45	FW	
		Pool	OH	5:45- 7:15	FW	3
		Post-pool	OH	7:15- 7:30	FW	
	Others normal					
	HP/NP	Pool	Leys	5:20- 7:30	AB	4
	HP/NP GR1	Pre-pool: poolside	Leys	16:45- 17:00	AB	
		Pool	Leys	17:00- 19:00	AB/ZL	3
		Post-pool: poolside	Leys	19:00- 19:30	Athlete lead	
		Gym	Leys	19:20- 20:15	AB	
	HP/NP GR2	Pre-pool: poolside	Leys	16:45- 17:00	AB	
		Pool	Leys	17:00- 19:30	AB/ZL	3
		Post-pool: poolside	Leys	19:30- 19:50	AB	
		Gym	Leys	19:45- 20:30	AB	
	NP/P1 Non SER age swimmers	Land: studio	Leys	17:45- 18:45	ZL	
		Pre-pool: poolside	Leys	18:45- 19:00	(ZL)	
		Pool	Leys	19:00- 21:00	ZL	
	P3/DS3 SER age swimmers 1 hour only	Pre-pool: poolside	Leys	18:50- 19:20	LO	
		Pool	Leys	19:30- 21:00	LO	3
	AC2	Pool	OH	18:00- 19:30	LB	
Post-pool		OH	19:30- 20:00	LB		
DS2 SER age swimmers 1 hour only	Pool	OH	18:00- 19:30	FW	3	

	AC1	Pre-pool	OH	19:00-19:30	LB	
		Pool	OH	19:30-21:00	LB	3
	P2 SER age swimmers 1 hour only	Pool	OH	19:30-21:00	FW	3
Saturday 11/05/2019	DS1/DS2 Non SER age swimmers	Pre-pool: poolside	Leys	6:15-6:30	LO	
		Pool	Leys	6:30-8:00	LO	3
		Post-pool	Leys	8:00-8:15	Lo	
	Masters	Pool	Leys	6:30-8:00	Set by ZL	2
	AC2/AC3	Pool	H	7:30-9:00	LB+1	3+2
	AC1	Pool	H	9:00-10:30	LB	3
	P3 Non SER age swimmers	Pre-pool	H	8:45-9:00	LO	3
		Pool	H	9:00-10:30	LO	2
	RSG/RSS	Pool	H	10:30-11:30	LB+1	
	RSB	Pool	H	11:30-12:15	LB	
		OR	H	12:15-13:00	LB	
	Lessons	Pool	H	11:30-13:00	Teaching Staff	
Sunday 12/05/2019	HP/NP GR1	Pre-pool: poolside	Leys	15:45-16:00	AB	
		Pool	Leys	16:00-18:00	AB/ZL	3
		Post-pool	Leys	18:00-18:15	(MP)	
		Gym	Leys	18:20-19:20	MP	
	HP/NP GR2	Pre-pool: poolside	Leys	15:45-16:00	AB	
		Pool	Leys	16:00-18:30	AB/ZL	3
		Post-pool	Leys	18:30-18:45	Set by MP	
		Gym	Leys	18:45-19:45	MP	
	NP/P1 Non SER age swimmers	Land: studio	Leys	16:45-17:45	MP	
		Pool	Leys	18:00-20:00	ZL	3

	Masters	Pool	Leys	18:30-20:00	(ZL)	3
	DS2 Non SER age swimmers	Pool	OH	15:00-16:30	LB	3
	P3/DS3	Pool	OH	15:00-16:30	LO	3
	RSB/RSS/RSG	Pool	OH	16:30-17:30	LB/LO	6
	AC3	Pool	OH	17:30-19:00	LB	3
	P2 Non SER age swimmers	Pool	OH	17:30-19:00	LO	3
	DS1 Non SER age swimmers	Pool	OH	19:00-20:30	LO	3
	AC1	Pool	OH	19:00-20:30	LB	3

Monday 13/05/2019	P2/DS2 Non SER age group	Pool	Leys	5:30-7:30	FW	4
	HP/NP/P1/JM1 Non SER Age group	Pool	OH	5:20-7:30	AB/ZL	6
	All sessions are running as normal in the evening AB AL ZL cover AB					

AB AL

Wednesday 15/05/2016	P2	Pre-pool	OH	5:30-5:45	FW	2 or 3
		Pool	OH	5:45-7:30	FW	
	AC1/AC2	Pre-pool	OH	5:45-6:00	LB	3 or 4
		Pool	OH	5:45-7:30	LB	
	NP/P1/JM1	Pool	Leys	5:20-7:30	ZL	4
	AC3	Pool	Leys	16:00-17:30	LB	2
		Studio	Leys	17:30-18:00	LB	
	HP/NP	Pre-pool	Leys	16:45-17:00	ZL	
		Pool	Leys	17:00-19:00	ZL	2
		Post-pool: poolside	Leys	19:00-19:20	Set by MP	
		Gym	Leys	19:20-20:15	MP	
	DS1	Sport Hall	Leys	16:30-17:30	FW	
	DS2/DS3	Sport Hall	Leys	16:30-17:15	FW	
		Pool	Leys	17:30-19:00	FW	3
		Post-pool: poolside	Leys	19:00-19:30	LB	
	DS3	Pool	Leys	17:30-19:00	LO	1
NP/P1 (Mid Dist &	Pre-pool	Leys	18:40-19:00			

	BR/S)	Pool	Leys	19:00-21:00	IK/AB/LB	5
	P2	Studio	Leys	18:00-18:45	MP	
		Pool	Leys	19:00-21:00	FW	3
	Masters/JM1/JM2	Pool	OH	20:00-21:30	ZL	6

Changes due to Cardiff International, Glasgow International and SER age Group

SER Age group Coach: FW

Cardiff Coach: ZL

Glasgow: AB

Thursday 23/05/2019	NP SP1 Non-Glasgow swimmers	Pre-pool: poolside	Leys	5:50- 6:00	LO	
		Pool	Leys	6:00- 6:50	LO	1
		Gym	Leys	7:05- 8:00	Athlete led	
	NP SP2 Non-Glasgow swimmers	Pre-pool: poolside	Leys	5:50- 6:00	Athlete Led	
		Gym	Leys	6:00- 6:50	Athlete led	1
		Pool	Leys	7:00- 8:00	LO	1
	HP Non-Glasgow swimmers	Pre-pool: poolside	Leys	5:50- 6:00	RF	
		Pool	Leys	6:00- 8:00	LO	1
	P3	Pool	Leys	5:50- 7:30	LO	2
	HP/NP Non-Glasgow swimmers SER age swimmers 1 hour only Others normal	Gym only Studio not available	Barton	17:15- 18:15	Follow own gym programme ZL	
		Pre-pool	Barton	18:00- 18:20	ZL	
		Pool	Barton	18:30- 20:30	ZL	4
	AC2/DS1	Pool	Ferry	18:45- 20:30	LB/LO	3/3
	P1 SER age swimmers 1 hour only	Pool	OH	18:45- 20:30	FW	3
P2 SER age swimmers 1 hour only	Pool	OH	18:45- 20:30	FW	3	
Masters/JM1/JM2	Pool	OH	20:30- 22:00	FW starts warm up until ZL	6	

					arrives		
Friday 24/05/2019	DS1/NP SER age swimmers 1 hour race warm up Others normal training	Pool	OH	5:20- 7:30	FW + lifeguard	6	
	Cancelled	Pool	Leys	6:00- 7:30		4	
	P2/DS2 SER swimmers race warm up 1 hour Others normal training	Pool	Leys	17:00- 18:30	FW	6	
	NP/PS3/DS3/Masters (Replacement session for Masters)set by ZL	Land: studio	Leys	17:45- 18:45	Cancelled		
		Pool	Leys	18:30- 20:00	LO	6	
		Pool	Leys	20:00- 21:00		6	
	All RSS/RSB/RSG	Pool	OH	18:00- 19:00	LB+1	6	
	AC1/AC2/AC3	Pool	OH	19:00- 20:30	LB+1	6	
	Cancelled	Pool	OH	20:30- 21:00		6	
Saturday 25/05/2019	DS1/DS2/P3 Non Cardiff or SER swimmers	Pre-pool: poolside	Leys	6:15- 6:30	LO		
		Pool	Leys	6:30- 8:00	LO	3	
		Post-pool	Leys	8:00- 8:15	Lo		
	Masters	Pool	Leys	6:30- 8:00	Set by ZL	2	
	All Headington Sessions are cancelled on the 25th						
Sunday 26/05/2019	RSB/RSS/RSG	Pool	Leys	16:00- 17:00	LB/LO	6	
	Cancelled	Land: studio	Leys	16:45- 17:45			
	AC3/AC1/AC2	Pool	Leys	17:00- 18:30	LB/LO	6	
	NP/DS1/DS2	Pool	Leys	18:30- 20:00	LB/LO Masters Set by ZL	6	
	Cancelled	Pool	OH	15:00- 20:30		6	
Masters' session has been moved to Friday instead of Sunday							
Monday 27/05/2019	All sessions are cancelled due to bank holiday Text fusion and Oxford high to cancel lanes						

