

# July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 12-2 12 & Under 1.30-4pm 13-19	2 12.20-2 12 & Under 1.30-4.30 13-19
3	4	5 7.30-8.30pm stamina & figures	6 4.30-6.30pm stamina and figures	7	8 12-2 12 & Under 1.30-4pm 13-19	9 12.20-2 12 & Under 1.30-4.30 13-19
10	11	12 7.30-8.30pm stamina & figures	13 4.30-6.30pm stamina and figures	14	15 12-2 12 & Under 1.30-4pm 13-19	16 12.20-2 12 & Under 1.30-4.30 13-19
17	18	19 7.30-8.30pm stamina & figures	20 4.30-6.30pm stamina and figures	21	22 12-2 12 & Under 1.30-4pm 13-19  Combi cup entries in	23 12.20-2 12 & Under 1.30-4.30 13-19
24  31 <b>SUMMER HOLIDAY TIMETABLE STARTS</b>	25	26 7.30-8.30pm stamina & figures	27 4.30-6.30pm stamina and figures	28	29 12-2 12 & Under 1.30-4pm 13-19	30 12.20-2 12 & Under 1.30-4.30 13-19  NE Grade entries in

# August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CHANGE TO HOLIDAY TIMETABLE	1 1-3pm GC for all	2 1-3pm GC for all	3 1-3pm GC for all	4	5 Dev & Elite squad 12.30 – 4.30 Broughton Pool	6
7	8 1-3pm GC for all	9 1-3pm GC for all	10 1-3pm GC for all	11	12	13
14	15 1-3pm GC for all	16 1-3pm GC for all	17 1-3pm GC for all	18	19	20
21	22 1-3pm GC for all	23 1-3pm GC for all	24 1-3pm GC for all	25	26 Dev & Elite squad 12.30 – 4.30 Broughton Pool	27
28 Bank Holiday	29 1-3pm GC for all	30 1-3pm GC for all	31 1-3pm GC for all			

# September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 12-2 12 & Under 1.30-4pm 13-19	3 12.20-2 12 & Under 1.30-4.30 13-19
4	5	6 7.30-8.30pm stamina & figures	7 4.30-6.30pm stamina and figures	8	9 12-2 12 & Under 1.30-4pm 13-19	10 12.20-2 12 & Under 1.30-4.30 13-19
11	12	13 7.30-8.30pm stamina & figures	14 4.30-6.30pm stamina and figures	15	16 <b>Combi Cup MAC</b>  <b>NO TRAINING DUE TO COMPETITION</b>	17 12.20-2 12 & Under 1.30-4.30 13-19
18	19	20 7.30-8.30pm stamina & figures	21 4.30-6.30pm stamina and figures	22	23 12-2 12 & Under 1.30-4pm 13-19	24 <b>NO TRAINING DUE TO GRADES</b>  NE Grade day
25	26	27 7.30-8.30pm stamina & figures	28 4.30-6.30pm stamina and figures	29	30 <b>NWR Age Groups Broughton</b>  <b>NO TRAINING DUE TO COMPETITION</b>	

# October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 12.20-2 12 & Under 1.30-4.30 13-19
2	3	4 7.30-8.30pm stamina & figures	5 4.30-6.30pm stamina and figures	6	7 12-2 ALL IN  GRADES IRLAM 5- 9PM	8 12.20-2 12 & Under 1.30-4.30 13-19
9	10	11 7.30-8.30pm stamina & figures	12 4.30-6.30pm stamina and figures	13	14 12-2 12 & Under 1.30-4pm 13-19	15 12.20-2 12 & Under 1.30-4.30 13-19
16	17	18 7.30-8.30pm stamina & figures	19 4.30-6.30pm stamina and figures	20	21 North of England Age Groups Broughton  NO TRAINING DUE TO COMPETITION	22 12.20-2 12 & Under 1.30-4.30 13-19
23 October Half Term Holiday Courses	24	25 7.30-8.30pm stamina & figures	26 4.30-6.30pm stamina and figures	27	28 12-2 12 & Under 1.30-4pm 13-19	29 12.20-2 12 & Under 1.30-4.30 13-19
30	31					

# November 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NWR Nov		1 7.30-8.30pm stamina & figures	2 4.30-6.30pm stamina and figures	3	4 12-2 12 & Under 1.30-4pm 13-19	5 12.20-2 12 & Under 1.30-4.30 13-19
6	7	8 7.30-8.30pm stamina & figures	9 4.30-6.30pm stamina and figures	10	11 12-2 12 & Under 1.30-4pm 13-19	12 12.20-2 12 & Under 1.30-4.30 13-19
13	14	15 7.30-8.30pm stamina & figures	16 4.30-6.30pm stamina and figures	17	18 <b>GALA – NO SYNCHRO</b>	19 <b>GALA – NO SYNCHRO</b>
20	21	22 7.30-8.30pm stamina & figures	23 4.30-6.30pm stamina and figures	24 <b>NAG's</b>	25 <b>NAG's</b>	26 <b>NAG's</b>
27	28	29 7.30-8.30pm stamina & figures	30 4.30-6.30pm stamina and figures			

# December 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 12-2 12 & Under 1.30-4pm 13-19	3 12.20-2 12 & Under 1.30-4.30 13-19
4	5	6 7.30-8.30pm stamina & figures	7 4.30-6.30pm stamina and figures	8	9 2-4pm Christmas display practice	10 12.20-2 12 & Under 1.30-4.30 13-19
11	12	13 7.30-8.30pm stamina & figures	14 4.30-6.30pm stamina and figures	15	16 Christmas display 2pm	17 All in 1-3pm
18	19	20 7.30-8.30pm stamina & figures	21 4.30-6.30pm stamina and figures  Synchro finishes for Xmas	22	23	24
25	26	27	28	29	30	31 • Jan 27 <sup>th</sup> NW trials, 1-6 Broughton