

NASC – Coaches Timetable Aug 2011

Day	Time	Group	Lessons				Training	
			Learner Pool	Shallow	Mid	Deep		
Monday	6:30 – 7:00	Lessons	<i>James / Kath/ Ron</i>	<i>Geoff</i>	<i>Ruth</i>	<i>Julie</i>		
	7:00 – 7:30	Lessons	<i>James / Kath/ Ron</i>	<i>Geoff</i>	<i>Ruth</i>	<i>Julie</i>		
	7:30 – 8:00	Lessons	Stage 7 lengths		<i>Ruth Julie</i>			
	7:30 – 9:00	Life Saving					<i>Trish, Dave</i>	
Tuesday	6:30 – 7:00	Lessons	<i>James, Sue</i>	<i>Geoff</i>	<i>Ruth</i>	<i>Ron</i>		
	7:00 – 7:30	Lessons/Club	<i>Jan, Sue</i>				<i>Ron, Trish, Geoff, James, Ruth</i>	
	7:30 – 8:15	Intermediate					<i>Ron, Trish, Harriet</i>	
	8:15 – 9:30	Upper					<i>Ron, Trish, Harriet</i>	
	7:30 – 9:30	Performance					<i>Mick</i>	
Wednesday	6:00 – 6:30	Club					<i>Geoff, Ruth, James</i>	
	6:30 – 7:15	Development					<i>Geoff, Ruth, James</i>	
	7:15 – 8:00	Intermediate					<i>Ruth, Gill</i>	
	8:00 – 9:15	Upper					<i>Ruth, Gill, Michelle</i>	
	7:15 – 9:15	Performance					<i>Mick</i>	
Thursday	6:15 – 7:15	Development					<i>Ruth, James</i>	<i>SJD</i>
Friday	7:00 – 8:00	Upper/Perf					<i>Wendy, Gill, Jenny</i>	
Sat	4:45-6:45	Upper/Perf					<i>Mick, Ruth</i>	<i>Lpool</i>
Sunday	4:15-5:15	Club and Dev					<i>Wendy, Gill, Jenny</i>	
	5:15-6:15	Int					<i>Wendy, Gill, Jenny</i>	
	5:15-6:45	Upper					<i>Wendy, Gill, Jenny</i>	
	4:15-6:45	Performance					<i>Mick</i>	

