Squad	Day	Time	Pool
Aquasprint - Bronze	Wednesday	17:00-18:00	Templemore
	Thursday	17:00-18:00	Templemore
	Saturday	07:00-08:30	Templemore
	Sunday	14:00-16:00	Templemore
Aquasprint - Silver	Wednesday	17:00-18:00	Templemore
	Thursday	17:00-18:00	Templemore
	Friday	17:00-18:00	Templemore
	Saturday	07:00-08:30	Templemore
	Sunday	12:00-14:00	Templemore
Senior- Club Squad	Monday	19:30-21:00	Victoria College$
	Tuesday	19:00-20:00	Templemore
	Friday	19:00-20:00	Templemore
Senior- Competition Squad	Monday	19:30-21:00	Victoria College$
	Wednesday	18:00-20:00	Campbell College
	Friday	19:00-20:30	Templemore
	Sunday	07:00-09:00	Templemore

Squad	Day	Time	Pool
Senior- Development Squad	Monday	05:30-07:30	Templemore
	Monday	19:30-21:00	Victoria College$
	Tuesday	19:00-20:30	Methody
	Wednesday	05:30-07:30	Templemore
	Friday	05:30-07:30	Templemore
	Saturday	05:30-07:00	Templemore
	Sunday	17:00-19:00	Templemore
Senior- National Squad	Monday	05:30-07:30	Templemore
	Monday	19:30-21:00	Victoria College$
	Tuesday	05:30-07:30	Templemore
	Tuesday	19:00-20:30	Methody
	Wednesday	18:00-20:00	Campbell College
	Thursday	05:30-07:30	Templemore
	Friday	05:30-07:30	Templemore
	Saturday	05:30-07:00	Templemore
	Sunday	17:00-19:00	Templemore
Masters Squad	Wednesday	05:30-07:30	Templemore
	Friday	21:00-22:00	Templemore
	Sunday	07:30-09:00	Templemore

$ Starts 24th September