

Orion Training Sessions Timetable *10/1/19

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learners				6-7pm BCS			9-10am 10-11am KEBS
Junior 1 J1	6.30- 7.15pm KEBS		6.15-7.15pm BCS	7-8pm BCS	6.30-7.30pm Harborne		11-12pm KEBS
Junior Club JC	8.15-9.15pm Morris	7.30-8.30pm BCS			8.30- 9.30pm Harborne	7.30-9am Langley	12-1pm KEBS
Junior 2 J2	6.45-8.15pm BCS	6.30-7.30pm KEBS Or 7.30- 8.30pm BCS		6.30-7.30pm KEBS	7.30-8.30pm Harborne	7-8.30am Uof B (50m)	11.35-12.55pm KEGS
Junior 3 J3	6.30-8.30pm EHS	7.00-8.30pm KEBS	6.15-7.30 pm UofB (25)	7-8.30 pm KEBS		7-8.30am UofB	
Aquarius performa nce AP	6.30-7.15pm LT 7.20-9pm KEBS	6.45- 8.15pm UofB (50)	6.30- 8.30pm KEGS	6.30-8.30pm KEGS	6.30-8.30pm Harborne	7-8.30am UofB	5.45-7.45pm BCS
Orange Squad OS					8.30pm – 9.30pm Invited only Harborne	7.30am – 9am Langley	2pm – 3.30pm Land Training 4.45pm – 6.15pm KEGS

Aquarius club AC	8.15-9.15pm Morris	7.30-9pm KEGS		8-9pm BCS	8.30-9.30pm Harborne	7.30-9am Langley (alt)	12-1pm KEBS
Orange squad juniors OSJ						7.30am – 9am Langley	2pm – 3.30pm Land Training 4pm – 5pm KEGS
Orange squad learn to swim OSL2S							2pm – 3pm land training 3pm – 4pm KEGS

**- Please see emails or "Pool closures" page on website for changes to this timetable. LT = land training*

BCS- BLue Coat school- B17 OHR code 0052

Morris- B15 2TH

Harborne- B17 9QS

KE- B15 2UB. Code KEBS- 1397

Uof B - university of Birmingham pool- remember shower before swimming, no outside shoes in changing area, no electronic devices poolside

Langley- Vicarage Rd, Oldbury B68 8HS

EHS - 1469 & Enter