

Performance Group – Youth / Senior – Head Coach Ken Nesworthy		
Monday (pm)	Blaydon	5:00 to 7:00
Tuesday (am)	GLC	5:30 to 7:00 (5:15 Poolside)
Tuesday (pm)	GLC	5:00 to 7:00
Wednesday (pm)	Birtley	5:00 to 7:00
Thursday (am)	GLC	5:30 to 7:00 (5:15 Poolside)
Thursday (pm)	Heworth	7:00 to 9:00
Friday (pm)	Dunston	5:00 to 7:00
Saturday (am)	GLC – Water	6:45 to 8:30
	GLC – Land	9:00 to 10:00
Performance Group – Age Group – Coach Paul Armstrong		
Monday (pm)	Blaydon	5:00 to 7:00
Tuesday (am)	GLC	5:30 to 7:00 (5:15 Poolside)
Tuesday (pm)	Birtley	7:00 to 8:30
Wednesday (pm)	Birtley	5:00 to 7:00
Thursday (am)	GLC	5:30 to 7:00 (5:15 Poolside)
Thursday (pm)	Heworth	7:00 to 9:00
Friday (pm)	Dunston	5:00 to 7:00
Saturday (am)	GLC – Water	6:45 to 8:30
	GLC – Land	9:00 to 10:00
Potential – Youth / Senior Group – Coach Sue Thorpe		
Monday (pm)	Birtley	7:30 to 9:00
Tuesday (am)	GLC (As directed by Coach)	5:30 to 7:00 (5:15 Poolside)
Wednesday (pm)	Heworth	7:00 to 8:30
Thursday (am)	GLC (As directed by Coach)	5:30 to 7:00 (5:15 Poolside)
Thursday (pm)	Birtley	5:00 to 7:00
Friday (pm)	Dunston	7:00 to 8:30
Saturday (am)	Birtley	7:00 to 8:30

Potential Age Group – Coach Graeme Bradley		
Monday (pm)	Birtley	7:30 to 9:00
Wednesday (pm)	Heworth	7:00 to 8:30
Thursday (pm)	GLC	7:30 to 8:30
Friday (pm)	Dunston	7:00 to 8:30
Saturday (am)	Birtley	7:00 to 8:30
Development Group – Coach Ross Bradley		
Tuesday (pm)	GLC	6:00 to 7:30
Thursday (pm)	Birtley	5:00 to 7:00
Friday (pm)	GLC	5:30 to 7:00
Academy Coaches Karen McCallum, Helen O'Halleron, Mel Allot		
Tuesday (pm)	GLC	7:00 to 8:00
Friday (pm)	GLC	7:00 to 8:30
Masters Group		
Tuesday (pm)	Birtley	7:00 to 8:30
Wednesday (pm)	Dunston	7:00 to 8:30
Thursday (pm)	GLC	7:30 to 8:30
Saturday (am)	Dunston	8:00 to 9:30
Learners – Teachers Karen O'Halleron Hutchinson, Carole Holgate		
Tuesday (pm)	GLC	6:00 to 7:00
Friday (pm)	GLC	7:00 to 8:30