

AHC Swimming Timetable

Monday				
	Lois	Ben	Lauren	Jessica
4pm	Stage 3	Stage 3	Stage 1	Stage 4B
4:30pm	Stage 2	Stage 5	Stage 1	Stage 3
5pm	Stage 3	Stage 6	Stage 4A	Ducklings
5:30pm	Stage 2	Stage 7	Stage 1	Stage 4A

Thursday				
	Ben	Ella	Casey.W	Thomas
4pm		Stage 2	Stage 1	Stage 4A
4:30pm	Rookie	Stage 3	Stage 2	Stage 1
5pm	Stage 4B	Stage 4A	Stage 1	Stage 3
5:30pm	Stage 5	Stage 3	Stage 1	Ducklings
6pm	Stage 2	Stage 4A	Stage 2	Stage 4B

Tuesday				
	Lauren	Ben	Will	George
4pm	Stage 4A	Stage 1	Stage 1	Stage 2
4:30pm	Stage 3	Stage 4B	Stage 4A	Stage 1
5pm	Stage 4A	Stage 2	Stage 3	Stage 2
5:30pm	Stage 3	Adults	Ducklings	Stage 1
6pm	Stage 4A	Adults	Stage 4B	Stage 2

Friday				
	Pavel	Jessica	Ben	George
4pm	Stage 4B	Stage 3	Stage 3	Stage 1
4:30pm	Stage 5	Stage 2	Stage 2	Stage 3
5pm	Ducklings	Stage 4B	Stage 4B	Stage 1
5:30pm	Stage 7	Stage 4A	Stage 4A	Stage 3

Wednesday			
	Lauren	Ella	George
4pm	Stage 3		Stage 1
4:30pm	Stage 4B	Multi	Stage 1
5pm	Stage 3	Ducklings	Stage 2
5:30pm	Stage 2	Stage 5	Stage 1