

# Bicester Blue Fins

## Squad structure and timings

Squad	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
<b>Lessons</b>										17:00 - 17:45	09.10-9.55			
<b>Academy Bronze</b>										17:45 - 18:30	09:00 - 10:00			
<b>Academy Silver</b>										17:45 - 18:30	08:00 - 09:00			17:30 - 18:30
<b>Academy Gold</b>		18:00 - 19:00				19:00 - 21:00					08:00 - 09:00			17:30 - 18:30
<b>Development</b>		19:00 - 20:00		19:00 - 21:00			06:30 - 07:30				06:30 - 08:00			18:30 - 20:00
<b>Elite Development</b>		19:00 - 20:00		19:00 - 21:00		19:00 - 21:00	06:30 - 07:30	From October 2010 (18:00 - 20:00)			06:30 - 08:00			17:30 - 20:00
<b>Elite</b>		18:00 - 20:00	06:30 - 07:30	19:00 - 21:00		19:00 - 21:00	06:30 - 07:30				06:30 - 08:00			17:30 - 20:00
<b>Masters x 5</b>						19:00 - 21:00								
<b>Masters X 4 inc A Squad</b>		18:00 - 19:00					06:30 - 07:30				08:00 - 09:00			17:30 - 18:30
<b>Masters X 3</b>														

New Session



Total Hours
1.75
2.75
5
7
12 (from October)
14 (from October)
6
4
3