



NORTH CORNWALL DRAGONS TIMETABLE JANUARY 2024



SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLUB LINK 1 x Swim Required 2 x Swims Available	WADEBRIDGE 4.30pm – 5.30pm		BODMIN 6.30pm – 7.30pm		
DEVELOPMENT 1 x Swim Required 3 x Swims Available	WADEBRIDGE 4.30pm – 5.30pm		BODMIN 6.30pm – 7.30pm		WADEBRIDGE 5.00pm – 6.00pm
INTERMEDIATE 2 x Swim Required 3 x Swims Available	WADEBRIDGE 4.30pm – 5.30pm		BODMIN 6.30pm – 7.30pm		WADEBRIDGE 5.00pm – 6.00pm
COUNTY 3 x Swim Required 6 x Swims Available	WADEBRIDGE 5.30pm – 7.00pm	WADEBRIDGE **6.00am – 7.30am	BODMIN **6.30am – 8.00am 7.30pm – 9.00pm	WADEBRIDGE **6.00am – 7.30am	WADEBRIDGE 6.00pm – 8.00pm
COUNTY+ 3 x Swim Required 7 x Swims Available	WADEBRIDGE 5.30pm – 7.00pm	WADEBRIDGE 6.00am – 7.30am	BODMIN 6.30am – 8.00am 7.30pm – 9.00pm	WADEBRIDGE 6.00am – 7.30am BODMIN 6.00pm – 8.00pm	WADEBRIDGE 6.00pm – 8.00pm
REGIONAL 6 x Swim Required 7 x Swims Available	WADEBRIDGE 5.30pm – 7.00pm	WADEBRIDGE 6.00am – 7.30am	BODMIN 6.30am – 8.00am 7.30pm – 9.00pm	WADEBRIDGE 6.00am – 7.30am BODMIN 6.00pm – 8.00pm	WADEBRIDGE 6.00pm – 8.00pm
FITNESS +			BODMIN 6.30pm – 7.30pm		WADEBRIDGE 6.00pm – 8.00pm
MASTERS		WADEBRIDGE 6.00am – 7.30am		WADEBRIDGE 6.00am – 7.30am	WADEBRIDGE 6.00pm – 8.00pm

LAND TRAINING: INVITE ONLY, Monday 4.30pm – 5.15pm @ Wade S&LC
 LAND TRAINING: INVITE ONLY, Thursday 5.00pm – 5.45pm @ Bodmin DC

**COUNTY TRAINING: INVITE ONLY, Tuesday, Wednesday & Thursday AM