



## NORTH CORNWALL DRAGONS TIMETABLE

### January 2025



SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DEVELOPMENT</b> 1 x Swim Required 2 x Swims Available			<b>BODMIN</b> 6.30pm – 7.30pm		<b>WADEBRIDGE</b> 5.00pm – 6.00pm
<b>INTERMEDIATE</b> 2 x Swim Required 3 x Swims Available	<b>WADEBRIDGE</b> 4.30pm – 5.30pm		<b>BODMIN</b> 6.30pm – 7.30pm	<b>BODMIN</b> 6.00pm – 7.00pm	
<b>COUNTY</b> 3 x Swim Required 3 x Swims Available	<b>WADEBRIDGE</b> 5.30pm – 7.00pm		<b>BODMIN</b> 7.30pm – 9.00pm		<b>WADEBRIDGE</b> 6.00pm – 8.00pm
<b>COUNTY+</b> 3 x Swim Required *6 x Swims Available	<b>WADEBRIDGE</b> 5.30pm – 7.00pm	<b>WADEBRIDGE</b> *6.00am – 7.30am	<b>BODMIN</b> *6.30am – 8.00am 7.30pm – 9.00pm		<b>BODMIN</b> *6.30am – 8.00am <b>WADEBRIDGE</b> 6.00pm – 8.00pm
<b>REGIONAL</b> 5 x Swim Required 7 x Swims Available	<b>WADEBRIDGE</b> 5.30pm – 7.00pm	<b>WADEBRIDGE</b> 6.00am – 7.30am	<b>BODMIN</b> 6.30am – 8.00am 7.30pm – 9.00pm	<b>BODMIN</b> 7.00pm – 9.00pm	<b>BODMIN</b> 6.30am – 8.00am <b>WADEBRIDGE</b> 6.00pm – 8.00pm
<b>MASTERS</b>		<b>WADEBRIDGE</b> 6.00am – 7.30am	<b>BODMIN</b> 6.30am – 8.00am		<b>BODMIN</b> 6.30am – 8.00am

\*COUNTY+ TRAINING: INVITE ONLY, AM sessions

LAND TRAINING: INVITE ONLY, Monday 4.30pm – 5.15pm @ Wadebridge S&LC