

## September 2023 UASC TRAINING TIMETABLE

DAY	Hours	MORNING	Hours	EVENING
MONDAY	1.5	6 - 7.30AM <span>BARROW</span>	1	6.45 - 7.45PM <span>ULVERSTON</span>
		SENIORS		RIVER OTTERS
				SNOW OTTERS
			1	7.45 - 8.45PM <span>ULVERSTON</span>
				SEA OTTERS
				DEVELOPMENT
			1	5:15pm - 6:15pm <span>Gym Session Dalton</span>
				SENIORS
				DEVELOPMENT
TUESDAY	1.5	6.30 - 8.00 AM <span>ULVERSTON</span>	2	6.45 - 8.45PM <span>ULVERSTON</span>
		SENIORS		SENIORS
		DEVELOPMENT		
		SEA OTTERS		
WEDNESDAY			1	6.45 - 7.45PM <span>ULVERSTON</span>
				SEA OTTERS
				6.45 - 8.45PM
				DEVELOPMENT
			2	7.45 - 8.45PM <span>ULVERSTON</span>
				SENIORS
THURSDAY	1.5	6.30 - 8.00 AM <span>ULVERSTON</span>	2	5.45-7.45PM <span>BARROW</span>
		SENIORS		SENIORS
		DEVELOPMENT		5:45 - 6.45PM <span>BARROW</span>
		SEA OTTERS		RIVER OTTERS
	1.5		1	5:45 - 7.15PM <span>BARROW</span>
				DEVELOPMENT
				SEA OTTERS
	1.5		1.5	6.45 - 7.45PM <span>ULVERSTON</span>
				SNOW OTTERS
				OTTERS PUPS
FRIDAY	1.5	6 - 7.30AM <span>BARROW</span>	1	5.45 - 6.45 PM <span>ULVERSTON</span>
		SENIORS		OTTERS PUPS
				PRE-PUPS
				6.45 - 8.15PM <span>ULVERSTON</span>
			1.5	SNOW OTTERS
				RIVER OTTERS
SATURDAY	2	6.30-8.30AM <span>BARROW</span>	2	4.00 - 6.00 PM <span>ULVERSTON</span>
		SENIORS		SENIORS
		DEVELOPMENT		DEVELOPMENT
		6.30-8AM <span>BARROW</span>		
	1.5	SEA OTTERS		
		RIVER OTTERS		
SUNDAY		NO TRAINING		