

January 2024 UASC TRAINING TIMETABLE

DAY		MORNING	EVENING	
MONDAY		6 - 7.30AM BARROW	6.45 - 7.45PM ULVERSTON	
		SENIORS	RIVER OTTERS	
			SNOW OTTERS	
TUESDAY		6.30 - 8.00 AM ULVERSTON	6.45 - 8.45PM ULVERSTON	
		SENIORS	SENIORS	
		DEVELOPMENT		
		SEA OTTERS		
WEDNESDAY		NO TRAINING	5.45 - 6.45PM ULVERSTON	
			SNOW OTTERS	
			RIVER OTTERS	
		6.45 - 7.45PM		
		SEA OTTERS		
THURSDAY		6.30 - 8.00 AM ULVERSTON	5.45-7.45PM BARROW	
		SENIORS	SENIORS	
		DEVELOPMENT	5:45 - 6.45PM	
		SEA OTTERS	RIVER OTTERS	
			5:45 - 7.15PM	
FRIDAY			DEVELOPMENT	
			SEA OTTERS	
			6.45 - 7.45PM ULVERSTON	
			SNOW OTTERS	
			OTTERS PUPS	
SATURDAY		6.30-8.30AM BARROW	5.45 - 6.45 PM ULVERSTON	
		SENIORS	OTTERS PUPS	
		DEVELOPMENT	PRE-PUPS	
		6.30-8AM BARROW	6.45 - 8.15PM ULVERSTON	
		SEA OTTERS	SENIORS	
SUNDAY		RIVER OTTERS	DEVELOPMENT	
		NO TRAINING	NO TRAINING	