January 2024 UASC TRAINING TIMETABLE

DAY	MORNING			EVENING	
MONDAY	6 - 7.30AM	BARROW		6.45 - 7.45PM	ULVERSTON
	SENIORS			RIVER OTTERS	
				SNOW OTTERS	
				7.45 - 8.45PM	ULVERSTON
				SEA OTTERS	
				DEVELOPMENT	
				5:15pm - 6:15pm Gym Session Dalton	
				SENIORS	
				DEVELOPMENT	
TUESDAY	6.30 - 8.00 AM	ULVERSTON		6.45 - 8.45PM	ULVERSTON
IOLSDAT	SENIORS	OLVERSTOR		SENIORS	OLVERSION
	DEVELOPMENT			SENIONS	
	SEA OTTERS				
WEDNESDAY	NO TRAINING			5.45 - 6.45PM	ULVERSTON
				SNOW OTTERS	
				RIVER OTTERS	
				6.45 - 7.45PM	
				SEA OTTERS	
				6.45 - 8.45PM	
				DEVELOPMENT	
				7.45 - 8.45PM	
	1			SENIORS	
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	
				DEVELOPMENT	
				SEA OTTERS	LULVEDCTON
				6.45 - 7.45PM	ULVERSTON
				SNOW OTTERS OTTERS PUPS	
				UTTERS PUPS	
FRIDAY	NO TRAINING			5.45 - 6.45 PM	ULVERSTON
				OTTERS PUPS	
				PRE-PUPS	
				6.45 - 8.15PM	ULVERSTON
				SENIORS	
				DEVELOPMENT	
SATURDAY	6.30-8.30AM	BARROW		NO TRAINING	
SATURDAY	SENIORS	DAKKOW		INO IRAINING	
	DEVELOPMENT				
	6.30-8AM	BARROW	-		
	SEA OTTERS	DANNOW			
	RIVER OTTERS				
SUNDAY	IWATUOLITING	NO TRAINING		NO TRAINING	
SUNDAY		NO TRAINING		NO TRAINING	