

Total Aquatics Eyemouth 2021 Timetable.

DAY	POOL AM	POOL PM	LAND	LEARNING	SOCIAL
SATURDAY					Welcome 7-8.30pm The Tavern
SUNDAY	SQUAD A 7-8.30am SQUAD B 8.30-9.30am Filming Video Analysis	SQUAD A 1:30-3:30pm SQUAD C 1:30-2:30pm SQUAD B 2:30-3:30pm PARENTS 5:15-6:15pm	SQUAD A 2.30-3.30 SQUAD B 3.30-4.30 SQUAD C 3.30-4.30 BORDERS LIVE STUDIO	ALL SQUADS 08:45-09:15 Coaches Pre Camp Plan Delivery JENNY – Talk pre/post pool. 9:15am-10.00am Eyemouth Pool Cafe	
MONDAY	SQUAD A 7-8.30am SQUAD B 8.30-9.30am Filming Video Analysis	SQUAD A 1:30-3:30pm SQUAD C 1:30-2:30pm SQUAD B 2:30-3:30pm PARENTS 5:15-6:15pm	LAND WITH LAURA 8:30-9:30am On The Beach	SQUAD A 12.45-1.15 Eyemouth Pool Cafe Mind Set/Nutrition	QUIZ 7PM CUTTY SARK
TUESDAY	SQUAD A 8-9am SQUAD B 8-9am	SQUAD A 1:30-3:30pm SQUAD C 1:30-2:30pm SQUAD B 2:30-3:30pm PARENTS 6:45-7:45pm	LAND WITH LAURA 9:30-10:30am On The Beach	SQUAD A 12.45-1.15 Eyemouth Pool Cafe Mind Set/Nutrition	SCAVENGER HUNT 11:00am - 12.00pm MEET OUTSIDE TAVERN
WEDNESDAY	SQUAD A 7-8am SQUAD B 7-8am	SQUAD A 1:30-3:30pm SQUAD C 1:30-2:30pm SQUAD B 2:30-3:30pm PARENTS 5:15-6:15pm	LAND WITH LAURA 8:30-9:30am On The Beach	SQUAD A 12.45-1.15 Eyemouth Pool Cafe Mind Set/Nutrition	
THURSDAY	SQUAD A 7-9am SQUAD B 7-8am PARENTS 8-9am	SQUAD A 1:30-3:30pm SQUAD C 2:30-3:30pm SQUAD B 2:30-3:30pm PARENTS 2:30-3:30pm AQUA TRAIN HENRY GRAY 2:30-3:30pm		COACHES PRESENTATION 10.00-11.00 Cutty Sark	
FRIDAY	SQUAD A 9-11am SQUAD B 11-12noon SQUAD C 11-12noon PARENTS 11-12noon	GALA AND FUN SWIM 3-5pm			HALLOWEEN PARTY THE TAVERN 7PM Till Late