# SUMMER Timetable 2026/27

**Effective Oct 12th**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| 5:20am – 7.00am<br>**NAGs + TAGs** | 5.20am – 7.00am<br>**NAGs, TAGS + JAGs + Regional** | 5:20am – 7.00am<br>**NAGS + TAGs + JAGs** | | 5.50am-7.30am<br>**MMSC NAGs** | 7.00am – 9.00am<br>**MMSC NAGs + TAGs** |
| 5:45am–6:45am<br>**Aquafit ALL** | 5:45am–6:45am<br>**Aquafit GOLD only** | 5:45am–6:45am **Aquafit BRONZE & SILVER only** | | 5:45am–6:45am<br>**Aquafit ALL** | 8am –9am<br>**Aquafit ALL** |
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| 3:30pm - 4:15pm<br>**Development** | | 3:30pm – 4:15pm<br>**Development** | | 3.30pm – 4.15pm<br>**Development** | |
| 4:15pm – 5.15pm<br>**Transition** | 4.00pm – 6.00pm<br>**MMSC TAGs + NAGs** | 4:15pm – 5:15pm<br>**Transition** | 4.30pm –6.00pm<br>**NAGS + TAGs + JAGs** | 4.15pm – 5.15pm<br>**Transition** | |
| 5:15pm – 6:30pm<br>**Regional + JAGs** | 5.30pm -6.30pm<br>**Aqua Fit ALL** | 5:15pm – 6:30pm<br>**Regional + JAGs** | 6-7pm<br>**Aqua Fit ALL** | 5.15pm – 6.45pm<br>**TAGs + JAGs + Regional** | |

COLE CLAIRE MMSC SESSION (not at PSC)l