Week Beginning	RJD		RNB		RCR	
31.08.2026						
07.09.2026	Wed	Fri	Wed	Fri	Wed	Fri
14.09.2026	Wed	Fri	Wed	Fri	Wed	Fri
21.09.2026	Wed	Fri	Wed	Fri	Wed	Fri
28.09.2026	Wed	Fri	Wed	Fri	Wed	Fri
05.10.2026	Wed	Fri	Wed	Fr	Wed	Fri
12.10.2026	Wed	Fri	Wed	Fri	Wed	Fri
19.10.2026 (Not Thurs & Fri)	Wed		Wed		Wed	
02.11.2026	Wed	Fri	Wed	Fri	Wed	Fri
09.11.2026	Wed	Fri	Wed	Fri	Wed	Fri
16.11.2026	Wed	Fri	Wed	Fri	Wed	Fri
23.11.2026 (Not Fri)	Wed	Fri	Wed	Fri	Wed	Fri
30.11.2026	Wed	Fri	Wed	Fri	Wed	Fri
07.12.2026	Wed	Fri	Wed	Fri	Wed	Fri
14.12.2026 (Not Thurs & Fri)	Wed		Wed		Wed	

Week Beginning	1RB		1MI		1OJ	
31.08.2026	Wed	Fri	Wed	Fri	Wed	Fri
07.09.2026	Wed	Fri	Wed	Fri	Wed	Fri
14.09.2026	Wed	Fri	Wed	Fri	Wed	Fri
21.09.2026	Wed	Fri	Wed	Fri	Wed	Fri
28.09.2026	Wed	Fri	Wed	Fri	Wed	Fri
05.10.2026	Wed	Fri	Wed	Fri	Wed	Fri
12.10.2026	Wed	Fri	Wed	Fri	Wed	Fri
19.10.2026 (Not Thurs & Fri)	Wed		Wed		Wed	
02.11.2026	Wed	Fri	Wed	Fri	Wed	Fri
09.11.2026	Wed	Fri	Wed	Fri	Wed	Fri
16.11.2026	Wed	Fri	Wed	Fri	Wed	Fri
23.11.2026 (Not Fri)	Wed	Fri	Wed	Fri	Wed	Fri
30.11.2026	Wed	Fri	Wed	Fri	Wed	Fr
07.12.2026	Wed	Fri	Wed	Fri	Wed	Fri
14.12.2026 (Not Thurs & Fri)	Wed		Wed		Wed	

Week Beginning	2QB		2MG		2SH	
31.08.2026	Tues	Thurs		Thurs	Tues	Thurs
07.09.2026	Tues	Thurs	Mon	Tues	Tues	Thurs
14.09.2026	Tues	Thurs	Mon	Thurs	Tues	Thurs
21.09.2026	Tues	Thurs	Mon	Tues	Tues	Thurs
28.09.2026	Tues	Thurs	Mon	Thurs	Tues	Thurs
05.10.2026	Tues	Thurs	Mon	Tues	Tues	Thurs
12.10.2026	Tues	Thurs	Mon	Thurs	Tues	Thurs
19.10.2026 (Not Thurs & Fri)	Tues		Mon		Tues	
02.11.2026	Tuesday	Thursday	Tuesday	Thursday	Thursday	Friday
09.11.2026	Tuesday	Thursday	Tuesday	Thursday	Tuesday	Friday
16.11.2026	Tuesday	Thursday	Tuesday	Thursday	Thursday	Friday
23.11.2026 (Not Fri)	Tuesday	Thursday	Tuesday	Thursday	Tuesday	Friday
30.11.2026	Tuesday	Thursday	Tuesday	Thursday	Thursday	Friday
07.12.2026	Tuesday	Thursday	Tuesday	Thursday	Tuesday	Friday
14.12.2026 (Not Thurs & Fri)	Tuesday		Tuesday			

Week Beginning	3MR		3SP		3RD	
31.08.2026	Wed	Swim	Thurs	Swim	Thurs	Swim
07.09.2026	Wed	Fri	Tues	Thurs	Tues	Thurs
14.09.2026	Wed	Swim	Thurs	Swim	Thurs	Swim
21.09.2026	Wed	Fri	Tues	Thurs	Tues	Thurs
28.09.2026	Wed	Swim	Thurs	Swim	Thurs	Swim
05.10.2026	Wed	Fri	Tues	Thurs	Tues	Thurs
12.10.2026	Wed	Swim	Thurs	Swim	Thurs	Swim
19.10.2026 (Not Thurs & Fri)	Wed		Tues		Tues	
02.11.2026	Tues	Thurs	Tues	Thurs	Tues	Fri
09.11.2026	Tues	Swim Frid	Tues	Swim	Tues	Swim Fri
16.11.2026	Wed	Thurs	Tues	Thurs	Tues	Fri
23.11.2026 (Not Fri)	Tues	Wed	Tues	Thurs	Tues	Thur
30.11.2026	Thurs	Swim Fri	Thurs	Swim	Tues	Swim Fri
07.12.2026	Tues	Wed	Tues	Thurs	Tues	Fri
14.12.2026 (Not Thurs & Fri)	Tues		Tues		Tues	

Week Beginning	4MM		4OR		4CC	
31.08.2026		Swim		Swim	Tues	Swim
07.09.2026	Tues	Thurs	Mon	Fri	Tues	Thurs
14.09.2026	Tues	Swim	Mon	Swim	Tues	Swim
21.09.2026	Tues	Thurs	Mon	Fri	Tues	Thurs
28.09.2026	Tues	Swim	Mon	Swim	Tues	Swim
05.10.2026	Tues	Thurs	Mon	Fri	Tues	Thurs
12.10.2026	Tues	Swim	Mon	Swim	Tues	Swim
19.10.2026 (Not Thurs & Fri)	Tues		Mon		Tues	
02.11.2026	Tues	Thurs	Tues	Fri	Mon	Thurs
09.11.2026	Tues	Swim	Tues	Swim	Mon	Swim
16.11.2026	Tues	Thurs	Tues	Fri	Mon	Thurs
23.11.2026 (Not Fri)	Tues	Thurs	Tues	Fri	Mon	Thurs
30.11.2026	Tues	Swim	Tues	Swim	Mon	Swim
07.12.2026	Tues	Thurs	Tues	Fri	Mon	Thurs
14.12.2026 (Not Thurs & Fri)	Tues		Tues	Fri	Mon	

Week Beginning	5LT		5VH		5MGL	
31.08.2026	Wed	Fri		Fri	Mon	Fri
07.09.2026	Wed	Swim	Mon	Swim	Mon	Swim
14.09.2026	Wed	Fri	Mon	Fri	Mon	Fri
21.09.2026	Wed	Swim	Mon	Swim	Mon	Swim
28.09.2026	Wed	Fri	Mon	Fri	Mon	Fri
05.10.2026	Wed	Swim	Mon	Swim	Mon	Swim
12.10.2026	Wed	Fri	Mon	Fri	Mon	Fri
19.10.2026 (Not Thurs & Fri)	Wed		Mon		Mon	
02.11.2026	Wed	Swim	Mon	Swim		Swim
09.11.2026						
16.11.2026	Wed	Swim	Mon	Swim	Mon	Swim
23.11.2026 (Not Fri)	Wed	Fri	Mon	Fri	Mon	Fri
30.11.2026	Wed	Fri	Mon	Fri	Mon	Fri
07.12.2026	Wed	Swim	Mon	Swim	Mon	Swim
14.12.2026 (Not Thurs & Fri)	Wed	Fri	Mon	Fri	Mon	Fri

Week Beginning	6AE		6SM		6JR	
31.08.2026		Thurs		Fri		Thurs
07.09.2026	Thurs	Swim	Tues	Swim	Thurs	Swim
14.09.2026	Mon	Thurs	Tues	Fri	Tues	Thurs
21.09.2026	Thurs	Swim	Tues	Swim	Thurs	Swim
28.09.2026	Mon	Thurs	Tues	Fri	Tues	Thurs
05.10.2026	Thurs	Swim	Tues	Swim	Thurs	Swim
12.10.2026	Mon	Thurs	Tues	Fri	Tues	Thurs
19.10.2026 (Not Thurs & Fri)	Mon		Tues		Tues	
02.11.2026	Thurs	Swim	Thurs	Swim	Tues	Swim
09.11.2026	Mon	Thurs	Thurs	Fri	Tues	Fri
16.11.2026	Thurs	Swim	Thurs	Swim	Tues	Swim
23.11.2026 (Not Fri)	Mon	Thurs	Thurs	Fri	Tues	Fri
30.11.2026	Mon	Thurs	Thurs	Fri	Tues	Fri
07.12.2026	Thurs	Swim	Thurs	Swim	Tues	Swim
14.12.2026 (Not Thurs & Fri)	Mon				Tues	