

Week 2 – Swimming

SENIORS

| SUMMER SCHEME 2023 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|-------------------------|-------------------------|---------------------------------------|----------|------------------------------|
| Registration 8:45- 9:15 | MAIN HALL | | | | |
| Session 1 9:15- 10:30 | Gaelic Games OTF | Team sport OTF | <h1>Summer Scheme Closed</h1> | | Athletics OTF |
| Session 2 10:30- 11:30 | Team Games Main Hall | Athletics OTF | | | Gladiators vs Seniors OTF |
| Break 11:30-11:45 | | | | | |
| Session 3 11:45- 1:00 | Tag Rugby OTF | Badminton Minor Hall | | | Basketball Minor Hall |
| Lunch 1:00- 2:00 | | | | | |
| Session 4 2:00-3:00 | Dodgeball Minor Hall | Benchball Main Hall | | | Dodgeball DOJO |
| Session 5 3:00- 3:45 | Swimming | Swimming | Swimming | | |
| Break 3:45- 4:00 | | | | | |
| Session 6 4:00- 4:45 | Benchball Main Hall | Dodge Ball DOJO | Benchball Main Hall | | |
| Pick up 4:45- 5:00 | MAIN HALL | | | | |