

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Dagenham 3:00pm to 5:00pm	Dagenham 8:30pm - 10:00 pm	Dagenham 7:00pm - 8:30 pm	Abbey 7:30 - 9:00	Loxford 5:30pm to 7:00pm	Abbey 7:30 - 10:00

July					
19 <i>15:00 - 16:00 Only.</i>	20 <i>As Normal</i>	21 <i>As Normal</i>	22 <i>As Normal</i>	23 <i>No Swimming</i>	24 <i>No Swimming</i>
26 <i>No Swimming</i>	27 <i>No Swimming</i>	28 <i>No Swimming</i>	29 <i>No Swimming</i>	30 <i>No Swimming</i>	31 <i>No Swimming</i>

August					
2 <i>No Swimming</i>	3 <i>No Swimming</i>	4 <i>No Swimming</i>	5 <i>No Swimming</i>	6 <i>No Swimming</i>	7 <i>No Swimming</i>
9 <i>No Swimming</i>	10 <i>No Swimming</i>	11 <i>No Swimming</i>	12 <i>No Swimming</i>	13 <i>No Swimming</i>	14 <i>No Swimming</i>
16 <i>No Swimming</i>	17 <i>No Swimming</i>	18 <i>Squad/Rookies Only 33m lengths</i>	19 <i>Squad/Rookies/Pinks only</i>	20 <i>No Swimming</i>	21 <i>As Normal</i>
23 <i>No Swimming</i>	24 <i>As Normal</i>	25 <i>As Normal</i>	26 <i>As Normal</i>	27 <i>No Swimming</i>	28 <i>As Normal</i>
30 <i>No Swimming</i>	31 <i>No Swimming</i>				

September			
1 <i>As Normal</i>	2 <i>As Normal</i>	3 <i>As Normal</i>	4 <i>As Normal</i>