Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions over the weekend

| HALF TERM | 12 February Monday | 13 February Tuesday | 14 February <br> Wednesday | 15 February Thursday |
| :---: | :---: | :---: | :---: | :---: |
| Morning 1 |  |  |  |  |
| Morning 2 |  |  |  |  |
| Afternoon 1 |  |  |  |  |
| Afternoon $2$ |  |  |  |  |
| Evening 1 |  |  |  |  |
| Evening 2 |  |  |  |  |


| HALF <br> TERM | 16 February <br> Friday | 17 February <br> Saturday | 18 February <br> Sunday |
| :---: | :---: | :---: | :---: |
| Morning 1 |  |  |  |
| Morning 2 |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Aim for $2 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus two 30 minute sessions over the weekend

|  | $\begin{array}{c}\text { 19 February } \\ \text { Monday }\end{array}$ | $\begin{array}{c}\text { 20 February } \\ \text { Tuesday }\end{array}$ | $\begin{array}{c}\text { 21 February } \\ \text { Wednesday }\end{array}$ | $\begin{array}{c}\text { 22 February } \\ \text { Thursday }\end{array}$ | $\begin{array}{c}\text { 23 February } \\ \text { Friday }\end{array}$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{array}{c}\text { 8.30am- }\end{array}$ | School | School | School | School | School |$]$|  |
| :--- |
| 4-5pm |


|  | 24 February Saturday | 25 February Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| 11am- <br> 12pm |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $2 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus two 30 minute sessions over the weekend

|  | 26 February <br> Monday | 27 February <br> Tuesday | 28 February <br> Wednesday | 29 February <br> Thursday | 01 March <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30am- | School | School | School | School | School |


|  | 02 March Saturday | 03 March Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| 11am- <br> 12pm |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $2 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus two 30 minute sessions over the weekend

|  | O4 March <br> Monday | 05 March <br> Tuesday | 06 March <br> Wednesday | 07 March <br> Thursday | 08 March <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30am- <br> 4pm | School | School | School | School | School |$|$| 4-5pm |
| :--- |


|  | 09 March Saturday | 10 March Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| 11am- <br> 12pm |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $2 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus two 30 minute sessions over the weekend

|  | 11 March <br> Monday | 12 March <br> Tuesday | 13 March <br> Wednesday | 14 March <br> Thursday | 15 March <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30 pm | School | School | School | School | School |$|$| 4-5pm |
| :--- |


|  | 16 March Saturday | 17 March Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $2 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus two 30 minute sessions over the weekend

|  | 18 March Monday | 19 March Tuesday | 20 March <br> Wednesday | 21 March Thursday | 22 March Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{gathered} \text { 8.30am- } \\ 4 \mathrm{pm} \end{gathered}$ | School | School | School | School | School |
| 4-5pm |  |  |  |  |  |
| 5-6pm |  |  |  |  |  |
| 6-7pm |  |  |  |  |  |
| 7-8pm |  |  |  |  |  |
| 8-9pm |  |  |  |  |  |
| 9-10pm |  |  |  |  |  |


|  | 23 March Saturday | 24 March Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $2 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus two 30 minute sessions over the weekend


|  | 30 March Saturday | 31 March Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| 11am- <br> 12pm |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for 4-6 x 30 minute sessions per day on 4 out of 5 weekdays, plus $4 \times 30$ minute sessions over the weekend

| EASTER 1 | 01 April <br> Monday | 02 April <br> Tuesday | 03 April Wednesday | 04 April <br> Thursday |
| :---: | :---: | :---: | :---: | :---: |
| Morning 1 |  |  |  |  |
| Morning 2 |  |  |  |  |
| Afternoon $1$ |  |  |  |  |
| Afternoon $2$ |  |  |  |  |
| Evening 1 |  |  |  |  |
| Evening 2 |  |  |  |  |


| EASTER 1 | 05 April <br> Friday | 06 April <br> Saturday | O7 April <br> Sunday |
| :---: | :---: | :---: | :---: |
| Morning 1 |  |  |  |
| Morning 2 |  |  |  |
| Afternoon |  |  |  |
| Evening 2 |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Aim for $4-6 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $4 \times 30$ minute sessions over the weekend

| EASTER 2 | 08 April <br> Monday | 09 April <br> Tuesday | 10 April Wednesday | 11 April <br> Thursday |
| :---: | :---: | :---: | :---: | :---: |
| Morning 1 |  |  |  |  |
| Morning 2 |  |  |  |  |
| Afternoon $1$ |  |  |  |  |
| Afternoon $2$ |  |  |  |  |
| Evening 1 |  |  |  |  |
| Evening 2 |  |  |  |  |


| EASTER 2 | 12 April <br> Friday | 13 April <br> Saturday | 14 April <br> Sunday |
| :---: | :---: | :---: | :---: |
| Morning 1 |  |  |  |
| Morning 2 |  |  |  |
| Afternoon |  |  |  |
| Evening 2 |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions at the weekend

|  | 15 April <br> Monday | 16 April <br> Tuesday | 17 April <br> Wednesday | 18 April <br> Thursday | 19 April <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 4pm | School | School | School | School | School |


|  | Saturday | Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions at the weekend

|  | 22 April <br> Monday | 23 April <br> Tuesday | 24 April <br> Wednesday | 25 April <br> Thursday | 26 April <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30am- <br> 4pm | School | School | School | School | School |


|  | 27 April <br> Saturday | 28 April Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions at the weekend

|  | 29 April <br> Monday | 30 April <br> Tuesday | 01 May <br> Wednesday | 02 May <br> Thursday | 03 May <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30am- <br> 4pm | School | School | School | School | School |


|  | 04 May <br> Saturday | 05 May <br> Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions at the weekend

|  | 06 May <br> Monday | 07 May <br> Tuesday | 08 May <br> Wednesday | 09 May <br> Thursday | 10 May <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30am- <br> 4pm | Bank Holiday <br> Monday | School | School | School | School |


|  | 11 May <br> Saturday | 12 May Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions at the weekend

|  | 13 May <br> Monday | 14 May <br> Tuesday | 15 May <br> Wednesday | 16 May <br> Thursday | 17 May <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30am- <br> 4pm | School | School | School | School | School |


|  | 18 May <br> Saturday | 19 May <br> Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions at the weekend

|  | 20 May <br> Monday | 21 May <br> Tuesday | 22 May <br> Wednesday | 23 May <br> Thursday | 24 May <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30am- <br> 4pm | School | School | School | School | School |


|  | $\begin{gathered} 25 \text { May } \\ \text { Saturday } \end{gathered}$ | 26 May <br> Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for 4-6 x 30 minute sessions per day on 4 out of 5 weekdays, plus $4 \times 30$ minute sessions over the weekend

| HALF TERM | 27 May <br> Monday | 28 May <br> Tuesday | 29 May <br> Wednesday | 30 May <br> Thursday |
| :---: | :---: | :---: | :---: | :---: |
| Morning 1 |  |  |  |  |
| Morning 2 |  |  |  |  |
| Afternoon 1 |  |  |  |  |
| Afternoon $2$ |  |  |  |  |
| Evening 1 |  |  |  |  |
| Evening 2 |  |  |  |  |


|  | 31 May <br> Friday | O1 June <br> Saturday | O2 June <br> Sunday |
| :---: | :---: | :---: | :---: |
| Morning 1 |  |  |  |
| Morning 2 |  |  |  |
| Afternoon |  |  |  |
| A |  |  |  |
|  |  |  |  |

Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions at the weekend

|  | 03 June <br> Monday | 04 June <br> Tuesday | 05 June <br> Wednesday | 06 June <br> Thursday | O7 June <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30am- <br> 4pm | School | School | School | School | School |


|  | 08 June <br> Saturday | 09 June <br> Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions at the weekend

|  | 10 June <br> Monday | 11 June <br> Tuesday | 12 June <br> Wednesday | 13 June <br> Thursday | 14 June <br> Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30am- <br> 4pm | School | School | School | School | School |


|  | 15 June <br> Saturday | 16 June <br> Sunday |
| :---: | :---: | :---: |
| 9-10am |  |  |
| 10-11am |  |  |
| $\begin{aligned} & \text { 11am- } \\ & \text { 12pm } \end{aligned}$ |  |  |
| 12-1pm |  |  |
| 1-2pm |  |  |
| 2-3pm |  |  |
| 3-4pm |  |  |
| 4-5pm |  |  |
| 5-6pm |  |  |
| 6-7pm |  |  |
| 7-8pm |  |  |
| 8-9pm |  |  |
| 9-10pm |  |  |

Aim for $3 \times 30$ minute sessions per day on 4 out of 5 weekdays, plus $3 \times 30$ minute sessions at the weekend


|  |  |  |
| :---: | :---: | :---: |
| mam | RELAX! | RELAX! |
| ${ }^{10.119 m}$ | retax! | RELAX! |
| ${ }_{\substack{\text { lamm } \\ \text { l2am }}}$ | retax! | relat! |
| 12.1 pm | retax! | RELAX! |
| ${ }^{12 \mathrm{Pm}}$ | Retax! | retax! |
| ${ }^{238 m}$ | betax! | retax! |
| 38.8 m | RELAX! | relax! |
| 45 som | betax! | betax! |
| $55_{6}$ | retax! | retax! |
| $6 \cdot 7 \mathrm{pm}$ | retax! | RELAX! |
| ${ }_{78 \mathrm{smm}}$ | retax! | retax! |
| 8.9p | retax! | retax! |
| 9.10 m | betax! | RELAX! |

