

TIMETABLE

From 9 AUGUST 2021

SQUAD	DAY	TIME	POOL
Academy Bronze	Friday	18:30 - 19:30	SLC
Academy Silver	Wednesday	18:00 - 19:00	Shipston
	Friday	18:30 - 19:30	SLC
Academy Gold	Monday	19:00 - 20:00	Shipston
	Friday	18:30 - 19:30	SLC
	Saturday	13:00 - 14:00	SLC
Juniors	Monday	19:00 - 20:00	Shipston
	Tuesday	19:00 - 20:30	Shipston
	Friday	05:30 - 07:00	SLC
	Friday	19:30 - 20:30	SLC
	Saturday	13:00 - 14:00	SLC
Development	Tuesday	05:30 - 07:00	SLC
	Tuesday	19:00 - 20:30	Shipston
	Thursday	18:00 - 20:00	SLC
	Friday	19:30 - 20:30	SLC
	Saturday	13:00 - 14:00	SLC
	Sunday	09:00 - 10:30	SLC
Club	Tuesday	05:30 - 07:00	SLC
	Wednesday	19:30 - 20:30	SLC
	Thursday	18:00 - 19:00	SLC
	Friday	05:30 - 07:00	SLC
	Sunday	17:30 - 18:30	SLC
Masters	Tuesday	05:30 - 07:00	SLC
	Wednesday	19:30 - 20:30	SLC
	Thursday	19:00 - 20:00	SLC
	Friday	05:30 - 07:00	SLC
	Saturday	05:30 - 07:00	SLC
	Sunday	18:30 - 19:30	SLC

SQUAD	DAY	TIME	POOL
Performance 3	Tuesday	05:30 - 07:00	SLC
	Tuesday	17:30 - 18:15	LAND TRAINING - SLC
	Tuesday	18:30 - 20:00	SLC
	Wednesday	19:00 - 20:00	Shipston
	Thursday	18:00 - 20:00	SLC
	Friday	05:30 - 07:00	SLC
	Friday	19:30 - 20:30	SLC
	Saturday	05:30 - 07:00	SLC
	Saturday	07:15 - 08:00	LAND TRAINING -SLC
	Sunday	17:30 - 18:30	SLC
Performance 2	Monday	18:30 - 20:30	SLC
	Tuesday	05:30 - 07:00	SLC
	Tuesday	17:30 - 18:15	LAND TRAINING - SLC
	Tuesday	18:30 - 20:00	SLC
	Thursday	18:00 - 20:00	Shipston
	Friday	05:30 - 07:00	SLC
	Saturday	05:30 - 07:00	SLC
	Saturday	07:15 - 08:00	LAND TRAINING – SLC
	Sunday	17:30 - 19:30	SLC
Performance 1	Monday	18:30 - 20:30	SLC
	Tuesday	05:30 - 07:00	SLC
	Tuesday	17:30 - 18:15	LAND TRAINING - SLC
	Tuesday	18:30 - 20:00	SLC
	Wednesday	18:00 - 19:30	SLC
	Thursday	18:00 - 20:00	Shipston
	Friday	05:30 - 07:00	SLC
	Saturday	05:30 - 07:00	SLC
	Saturday	07:15 – 08:00	LAND TRAINING – SLC
	Sunday	17:30 - 19:30	SLC