

Training Timetable - January 2024

		Performance Squads				Competitive Squads		Club Squads			Academy Squads			Masters Squad
Squad		Youth Perf.	Regional Perf.	County Fast Track	County Perf.	Youth Comp	County Dev.	Youth Club	Inter. Club	Junior Club	Gold	Silver	Bronze	Masters
Pool Hours		15.5	12.5	9	7.5	8.5	6	6	4	2	3.5	2	1	3
Land Sessions		3	2			1								
MONDAY	AM	Time Venue	6:00 - 7:30 Garrison											
	PM	Time Venue	19:00 - 21:00 Camberley	19:00 - 21:00 Garrison								19:15 - 20:15 St Neots		
TUESDAY	AM	Time Venue												
	PM	Time Venue	19:30 - 21:00 Garrison		19:10 - 21:10 St Neots	19:10 - 21:10 St Neots	18:30 - 19:30 Garrison	18:10 - 20:10 St Neots				18:10 - 19:10 St Neots		
WEDNESDAY	AM	Time Venue		6:00 - 7:30 Aldershot Lido			6:00 - 7:30 Aldershot Lido							
	PM	Time Venue	19:00 - 21:00 Garrison	17:30 - 19:00 Garrison			19:00 - 21:00 Camberley	19:00 - 20:00 Camberley	19:00 - 21:00 Camberley	19:00 - 20:00 Camberley		19:15 - 20:15 St Neots		20:00 - 21:00 Camberley
THURSDAY	AM	Time Venue	6:00 - 7:30 Garrison											
	PM	Time Venue	17:30 - 19:00 19:15 - 20:00 [Land] Garrison	17:30 - 19:30 Hart	SESSION CHOICE TO BE DISCUSSED WITH COACHES	19:10 - 21:10 St Neots								
FRIDAY	AM	Time Venue	6:00 - 7:30 Garrison	6:00 - 7:30 Garrison	6:00 - 7:30 Garrison									
	PM	Time Venue	18:15 - 19:00 [Land] 19:00 - 21:00 Camberley	18:00 - 18:50 [Land] 19:00 - 21:00 Garrison	19:30 - 21:00 Aldershot Lido	19:30 - 21:00 Aldershot Lido	18:00 - 18:50 [Land] 19:00 - 21:00 Garrison	19:00 - 20:00 Camberley	19:00 - 21:00 Garrison	19:00 - 20:00 Camberley	18:00 - 19:30 Aldershot Lido	18:00 - 19:30 Aldershot Lido		19:30 - 21:00 Aldershot Lido
SUNDAY	AM	Time Venue												
	PM	Time Venue	16:00 - 16:50 [Land] 17:00 - 19:00 Garrison	18:00 - 18:50 [Land] 19:00 - 21:00 Garrison	18:00 - 20:00 Garrison	18:00 - 20:00 Garrison	19:00 - 21:00 Garrison	17:00 - 19:00 Garrison	19:00 - 21:00 Garrison	17:00 - 19:00 Garrison	17:00 - 18:00 Garrison	17:00 - 18:00 Garrison	17:00 - 18:00 St Neots	20:00 - 21:00 Garrison

The times displayed above are for the pool time only. The following squads should be arriving early & staying afterwards for pre/post pool exercise for the time listed below:

Youth Performance: 20 Minutes
Regional Performance: 10 Minutes
County Performance: 10 Minutes

Youth Competitive: 10 Minutes
County Development: 10 Minutes
Academy Gold: 5 Minutes