

Training Timetable - November 2023

		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 6:00 - 7:30												
	Venue	Garrison												
PM	Time	19:00 - 21:00	19:00 - 21:00									19:15 - 20:15	19:15 - 20:15	
	Venue	Camberley	Garrison									St Neots	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	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	17:30 - 19:00 Garrison	19:00 - 21:00 Garrison	19:00 - 20:00 Camberley		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		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
Youth Competitive: 10 Minutes
County Performance & Fast Track: 10 Minutes

Regional Performance: 15 Minutes
County Development: 10 Minutes
Academy Gold: 5 Minutes