

Training Timetable - September 2025

		Performance Squads			Competitive Squads				Club Squads			Academy Squads			Masters Squad	
		Squad Pool Hours Land Sessions	Youth Perf.	Regional Perf.	County Perf.	Youth Comp	County Dev.	Platinum Green	Platinum White	Youth Club	Inter Club	Junior Club	Gold	Silver	Bronze	Masters
			16	13	8.5	8.5	5.5	6	4.5	2	2	2	3	2	1	3
			2	2	1	2										
MONDAY	AM	Time Venue	6:00 - 7:30 Garrison													
	PM	Time Venue	19:00 - 21:00 Garrison	19:00 - 21:00 Camberley									19:15 - 20:15 St Neots			
TUESDAY	AM	Time Venue				6:00 - 7:30 Garrison										
	PM	Time Venue	19:00 - 21:00 Garrison		19:15 - 21:15 St Neots		18:15 - 19:15 St Neots	18:15 - 19:15 St Neots	18:15 - 19:15 St Neots		18:15 - 19:15 St Neots					
WEDNESDAY	AM	Time Venue		6:00 - 7:30 Aldershot Lido			6:00 - 7:30 Aldershot Lido									
	PM	Time Venue	17:30 - 19:30 Garrison	19:00 - 21:00 Garrison	19:30 - 21:00 Garrison	19:00 - 21:00 Camberley	19:30 - 21:00 (Invite Only) Garrison					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	6:00 - 7:30 Garrison												
	PM	Time Venue	17:30 - 19:00 19:00 - 20:00 [Land] Garrison	19:15 - 21:15 St Neots	17:30 - 18:30 Hart	18:30 - 19:30 Hart										
FRIDAY	AM	Time Venue	6:00 - 7:30 Garrison													
	PM	Time Venue	19:00 - 21:00 Camberley	18:00 - 18:50 [Land] 19:00 - 21:00 Garrison	19:00 - 21:00 Aldershot Lido	18:00 - 18:50 [Land] 19:00 - 21:00 Garrison	19:00 - 21:00 Camberley	17:30 - 19:00 Garrison	17:30 - 19:00 Garrison		18:00 - 19:00 Aldershot Lido	18:00 - 19:00 Aldershot Lido			19:30 - 20:30 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	17:00 - 19:00 19:00 - 19:30 [Land] Garrison	18:00 - 18:50 [Land] 19:00 - 21:00 Garrison	17:00 - 18:00 Garrison	18:00 - 20:00 Garrison	18:00 - 20:00 Garrison	19:00 - 21:00 Garrison	17:00 - 18:00 Garrison	18:00 - 19:00 St Neots	18:00 - 19:00 St Neots	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 exercises for the time listed below:

Youth Performance: 20 Minutes
 Youth Competitive: 10 Minutes
 Regional Performance: 15 Minutes

County Performance: 10 Minutes
 County Development: 10 Minutes
 Platinum / Academy Gold: 5 Minutes