



Club Pathway - Timetable - September 2022

Skills and training for club level swimmers



| Squad / Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Sessions | Swimming time |
|---|-----------------------------|-----------------------------|-----------------------------|-----------------------------|---------------------------|---|---|----------------------|--------------------------|
| Junior Club. Ages 10 to 12. Ages 11 to 12. Training and skills for swimming up to county level. | 7.15 to 8.10pm Badminton | 6.00 to 7.00pm Badminton | 6.45 to 7.35pm Badminton | 7.10 to 8.00pm Easton | | | 5.45 to 6.30pm Clifton College | 1 or 2 | approx. 1hr or 2hrs |
| Age Group Club. Ages 11 to 13. Training and skills for swimming up to county level. | 7.15 to 8.10pm Badminton | | 7.20 to 8.15pm Badminton | 7.05 to 7.55pm Badminton | 6.15 to 7.15pm Henbury | 7.45 to 8.40am Badminton | 2.45 to 3.45pm Henbury or 7.00 to 8.00pm Easton | 1,2 or 3 | approx. 1 to 3hrs |
| Youth Club. Ages 13+. Training and skills for swimmers up to county level. | | 8.00 to 9.00pm Henbury | 8.20 to 9.15pm Badminton | 8.05 to 9.00pm Easton | 7.15 to 8.15pm Henbury | 7.45 to 8.40am Badminton | 2.45 to 3.45pm Henbury or 7.25 to 8.30pm Clifton College | 1,2 or 3 | approx. 1 to 3hrs |
| Youth County. Ages 13+. Training and skills for county level swimmers. | | 7.30 to 9.00pm Henbury | | 8.00 to 9.00pm Easton | 7.15 to 8.15pm Henbury | Land 9.50 to 10.20am and swim 10.30am to 12.00pm Hengrove | | 4 swim and 1 land | 5hrs and 30 mins land |