



Club Pathway - Timetable - from September 2023

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. Less competitive option Stage 8+.	7.15 to 8.10pm Badminton School	7.00 to 7.45pm Badminton School	5.45 to 6.35pm or 6.35 to 7.25pm Badminton School		5.30 to 6.30pm Henbury LC		5.45 to 6.35pm Clifton College or 6.00 to 6.50pm Easton LC	1 or 2	approx. 1hr or 2hrs
Age Group Club. Ages 11 to 13. Less competitive option.	7.15 to 8.10pm Badminton School	7.45 to 8.40pm Badminton School	7.45 to 8.30pm St. Mary Redcliffe School	7.05 to 7.55pm Badminton School	7.35 to 8.35pm Badminton School	7.45 to 8.40am Badminton School	2.45 to 3.45pm Henbury LC or 7.30 to 8.30pm Clifton College	1,2 or 3	approx. 1 to 3hrs
Youth Club. Ages 13+. Less competitive option.		7.30 to 9.00pm Henbury LC*	8.35 to 9.25pm Badminton School - girls only	8.05 to 9.00pm Easton LC* or 8.00 to 9.00pm Badminton School	7.45 to 8.45pm Henbury LC	7.45 to 8.40am Badminton School	Swim 2.45 to 3.45pm Henbury LC or land 3.25 to 3.55pm and swim 4 to 6pm Hengrove Park LC* or swim 7.30 to 8.30pm Clifton College	1,2 or 3	approx. 1 to 3hrs

* Priority for these sessions will be given to competitive swimmers who are able to train at a higher level but do not meet the criteria or decide not to join Youth Competitive.