



# Competitive Pathway - Timetable - from September 2023

## Skill development for those aiming for county qualifying times



Squad / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions	Swimming time
<b>Development 1A.</b> Ages 8 to 10. Skills for competitive swimming.	5.00 to 5.50pm Henbury LC	5.05 to 5.55pm Badminton School					5.45 to 6.35pm Clifton College	2 either Monday or Tuesday	1hr 40m
<b>Development 1B.</b> Ages 8 to 10. Skills for competitive swimming.	5.00 to 5.50pm Henbury LC			7.05 to 7.55pm Badminton School				2	1hr 40m
<b>Development 1C.</b> Ages 8 to 10. Skills for competitive swimming.			7.00 to 7.45pm St. Mary Redcliffe School				6.00 to 6.50pm Easton LC	2	1hr 35m
<b>Development 2A.</b> Ages 9 to 11. Skills for competitive swimming.		5.05 to 5.55pm Badminton School			5.50 to 6.50pm Badminton School			2	1hr 50m
<b>Development 2B.</b> Ages 9 to 11. Skills for competitive swimming.			7.30 to 8.25pm Badminton School				6.35 to 7.30pm Clifton College	2	1hr 50m
<b>Development 2C.</b> Ages 9 to 11. Skills for competitive swimming.			7.45 to 8.30pm St. Mary Redcliffe School				6.35 to 7.30pm Clifton College	2	1hr 50m
<b>Development 3A.</b> Ages 9 to 12. Skills for competitive swimming.	5.55 to 7.00pm Henbury LC	6.00 to 7.00pm Badminton School *	7.30 to 8.25pm Badminton or 7.40 to 8.30pm St Mary Redcliffe School			7.45 to 8.40am Badminton School	6.50 to 8.00pm Easton LC	3 either Saturday or Sunday or 4*	2hrs 55m
<b>Development 3B.</b> Ages 9 to 12. Skills for competitive swimming.		6.00 to 7.00pm Badminton School *		7.10 to 8.05pm Easton LC	5.45 to 6.40pm or 6.40 to 7.35pm Badminton School		6.50 to 8.00pm Easton LC	3 or 4*	3hrs
<b>Development 3C.</b> Ages 9 to 12. Skills for competitive swimming.		6.00 to 7.00pm Badminton School *	7.40 to 8.30pm St Mary Redcliffe School	7.10 to 8.05pm Easton LC			6.50 to 8.00pm Easton LC	3 or 4*	3hrs 5m
<b>Age Group Competitive.</b> Ages 10-13. Training and skills for competitive swimming.	7.00 to 8.20pm Hengrove Park LC	6.00 to 7.00pm Badminton School	Land 7.20 to 7.50 pm and swim 8.00 to 9.00pm Hengrove Park LC		6.30 to 7.45pm Henbury LC		Swim 3.30 to 5.00 pm and land 5.15 to 6.00pm Hengrove Park LC	5 swim and 2 land	6hrs 5mins swim and 45mins land
<b>Youth Competitive.</b> Ages 14+. Training and skills for county level swimmers.		7.30 to 9.00pm Henbury LC	6.00 to 7.15am Badminton School	8.00 to 9.00pm Easton LC	7.45 to 8.45pm Henbury LC	6.15 to 7.45am Badminton School	Land 3.25 to 3.55 pm and swim 4.00 to 6.00pm Hengrove Park LC	6 swim and 1 land	7hrs 45mins swim and 30mins land

\* Extra session available for D3 swimmers who wish to swim 4 times a week. Must be requested by emailing [Polly.Mullen@bristolpenguins.com](mailto:Polly.Mullen@bristolpenguins.com)