



## Swim Academy - Timetable - September 2022

### Learning to be swimmers and preparation for entering swimming squads



Squad / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions	Swimming time
<b>Swim Academy 1</b> - Stage 5 of the Swim England National Teaching Plan.	6.00 to 6.30pm Badminton		6.30 to 7.00pm St Mary Redcliffe	5.15 to 5.45pm or 5.50 to 6.20pm Badminton	5.15 to 5.45pm Badminton			1 or 2	30m or 1hr
<b>Swim Academy 2</b> - Stage 6 of the Swim England National Teaching Plan.	6.00 to 6.30pm Badminton		6.30 to 7.00pm St Mary Redcliffe	5.15 to 5.45pm or 5.50 to 6.20pm Badminton	5.15 to 5.45pm Badminton			1 or 2	30m or 1hr
<b>Swim Academy 3</b> - Stage 7 of the Swim England National Teaching Plan.	6.40 to 7.10pm Badminton	4.30 to 5.00pm Badminton	5.10 to 5.40pm Badminton or 7.10 pm to 7.40pm St. Mary Redcliffe	6.30 to 7.00pm Badminton	5.55 to 6.25pm Badminton	12.00 to 12.30pm Hengrove	5.15 to 5.45pm Clifton College or 6.00 to 6.30 pm Easton	1 or 2	30m or 1hr
<b>Swim Academy 4</b> - Stage 8 of the Swim England National Teaching Plan.	6.40 to 7.10pm Badminton	4.30 to 5.00pm Badminton or 7.30 to 8.00pm Henbury	5.10 to 5.40pm Badminton or 7.10 pm to 7.40pm St. Mary Redcliffe	6.30 to 7.00pm Badminton	5.55 to 6.25pm Badminton		5.15 to 5.45pm Clifton College or 6.30 to 7.00 pm Easton	1 or 2	30m or 1hr