

CITY OF PETERBOROUGH SWIMMING CLUB: TRAINING TIMETABLE 2022-2023

Performance Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30-7.30AM SWIM RFSC	5.30-7.30AM SWIM RFSC	5.30-7.30AM SWIM RFSC	5.30-7.30AM SWIM RFSC	5.30-7.30AM SWIM RFSC	7.00-8.30AM SWIM 9.00-10.00AM S&C Oundle	
PM	4.15-5.00PM S&C 5.00-7.00PM SWIM JHSP	5.00-6.00PM S&C 6.00-8.00PM SWIM WMLC		4.30-6.30PM SWIM 6.30-7.00PM S&C STAN	5.00-7.00PM SWIM WMLC		

Age-Group Performance Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30-7.30AM SWIM RFSC	5.30-7.30AM SWIM RFSC		5.30-7.30AM SWIM RFSC		10.00-11.00AM S&C Oundle	
PM	6.15-7.00PM S&C 7.00-8.30PM SWIM JHSP	5.00-6.00PM S&C - <u>INV</u> 6.00-7.30PM SWIM WMLC		6.00-6.30PM S&C 6.30-8.30PM SWIM STAN	5.00-7.00PM SWIM WMLC	7.00-8.30AM SWIM 9.00-10.00AM S&C Oundle - INVITE ONLY	5.30-7.00PM SWIM RFSC

Competitive Plus Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5.30-7.30AM SWIM RFSC		5.30-7.30AM SWIM RFSC			7.00-8.30AM SWIM 9.00-10.00AM S&C Oundle	
PM	6.30-7.00PM S&C 7.00-8.30PM SWIM STAN	6.30-8.00PM SWIM STAN		7.00-7.30PM S&C 7.30-8.30PM SWIM RFSC	5.30-6.45PM SWIM RFSC		7.00-8.30PM SWIM RFSC

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Junior Performance Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			5.30-7.30AM SWIM RFSC		5.30-7.30AM SWIM RFSC	10.00-11.00AM S&C Oundle	
PM	6.30-7.00PM S&C 7.00-8.30PM SWIM STAN	6.30-8.00PM SWIM STAN	6.30-8.00PM SWIM JHSP	6.30-8.30PM SWIM STAN			5.30-7.00PM SWIM RFSC

Development 1 Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						8.00-9.00AM S&C Oundle	
PM	4.00-5.00PM SWIM 5.15-6.00PM S&C JHSP	5.30-6.30PM SWIM STAN		6.00-6.30PM S&C 6.30-7.30 SWIM RFSC	6.45-8.00PM SWIM RFSC		4.00-5.30PM SWIM RFSC

Development 2 Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						8.00-9.00AM S&C Oundle	
PM		4.30-5.30PM SWIM STAN		6.00-6.30PM S&C 6.30-7.30 SWIM RFSC	6.45-8.00PM SWIM RFSC		4.00-5.30PM SWIM RFSC

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Competitive Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						8.00-9.00AM S&C OUNDLE	
PM			8.00-9.00PM SWIM JHSP	7.00-7.30PM S&C 7.30-8.30PM SWIM RFSC	8.00-9.00PM SWIM RFSC		7.00-8.30PM SWIM RFSC

Masters and Participation Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM			8.00-9.00PM SWIM JHSP		8.00-9.00PM SWIM RFSC		7.00-8.30PM SWIM RFSC

Mini 2 Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM		5.30-6.30PM SWIM STAN		5.30-6.30PM SWIM RFSC			SKILLS SESSIONS BY INVITE ONLY

Mini 1 Squad							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM		4.30-5.30PM SWIM STAN		4.30-5.30PM SWIM RFSC			SKILLS SESSIONS BY INVITE ONLY

Notes

RFSC	Regional Fitness and Swimming Centre
STAN	Stanground Academy Sports Centre
WHLC	Whittlesey Manor Leisure Centre
JHSP	Jack Hunt School Pool
OUND	Oundle School Sports Centre
SWIM	Swim pool session
S&C	Strength and Conditioning

Sessions highlighted in grey are for invitation only - members wishing to access them must contact the coaching team for permission to attend