

This schedule depicts the initial holiday training period as we initially return from the Covid lockdown, this will change once we go into the school term in September 20.

Swimmers are divided into four “Coloured Groups” based loosely around our historical nine group system. These groups will be Red, Yellow, Blue, Purple & Green Squads.

Swimmers are encouraged to attend **as many as possible** of the sessions to which they have been allocated, they will not currently be able to attend any other sessions.

Please refer to our website, select **Information** followed by **Training Schedule** for this schedule and those who swim in the available sessions.

Berkhamsted Swimming Club swims at three pools: Knox Johnston Sports Centre (KJ), Everyone Active Berkhamsted (BLC) and Tring – Tring School (TR)

Note – the times shown here are the times by which you must turn up to the pool, the training session will start promptly 15 minutes later. If a swimmer is not registered and on poolside ready to swim 15 minutes after the designated start time below, they will be turned away. During these 15 minutes you must register with the Covid Liaison Officer, be on poolside, doing your warm up and be ready to start swimming.

The only times there is **no training or adjusted training times** are: Bank Holidays; the potential August two week shutdown; pool issues (maintenance/fault); Berkhamsted School galas, or if there are coach availability issues. **All members will be advised of any changes via email and News/TeamFeed webpages on our website www.berkosc.org.uk.**

The sessions below have been weighted to compensate for the numbers of swimmers within each Coloured Group, based upon those who have said they wish to return now.

At the moment all that we can offer is one session per squad.

	ORANGE SQUAD	RED SQUAD	YELLOW SQUAD	BLUE SQUAD & PURPLE SQUAD	NEW TRIALISTS	GREEN SQUAD	LAND TRAINING Open to all via Zoom
Monday		18:15-19:30 (ABS)		18:30-20:15 (BLC)			
Tuesday				19:00-20:30 (KJ)			
Wednesday				19:00-20:50 (BLC)		18:30-19:30 (TR) 19:30-20:30 (TR)	
Thursday		18:15-19:30 (ABS)	18:00-19:15 (KJ)	19:00-20:15 (KJ)			
Friday	05:45-06:50 (BLC)						
Saturday		15:15-16:30 (BLC)	07:45-09:00 (KJ) 16:30-18:15 (BLC)				
Sunday		08:45-10:00 (ABS) 14:45-16:00 (BLC)	16:00-17:45 (BLC)	17:45-19:30 (BLC)	10:00-11:00 (ABS) 11:00-12:00 (ABS)		

Orange Squad is open to any swimmer, but you must book your place beforehand

Addresses:

- KJ - Knox Johnston Sports Centre, Kings Road, Berkhamsted, HP4 3BG
- BLC - Everyone Active Berkhamsted, Lagley Meadow, Douglas Gardens, Berkhamsted, HP4 3QQ
- TR - Tring School, Mortimer Hill, Tring, HP23 5JU
- ABS – Abbot’s Hill School, Bunkers Lane, Hemel Hempstead HP3 8RP