

TRAINING SESSIONS FROM 1ST NOVEMBER 2021

ACADEMY 1 <i>(previously J1 & J2)</i>		
Day	Venue	Time (am/pm)
Mon	--	----
Tues	--	----
Weds	--	----
Thurs	SB	6:30 - 7:30 (pm)
Fri	--	----
Sat	--	----
Sun	JWSC	5:15 - 6:15 (pm)

ACADEMY 2 <i>(previously Blue Squad)</i>		
Day	Venue	Time (am/pm)
Mon	SB	6:45 - 7:45 (pm)
Tues	HB	7:00 - 8:00 (pm)
Weds	--	----
Thurs	--	----
Fri	--	----
Sat	--	----
Sun	JWSC	5:15 - 6:15 (pm)

BRONZE <i>(previously Red Squad)</i>		
Day	Venue	Time (am/pm)
Mon	SB	6:45 - 7:45 (pm)
Tues	HB	7:00 - 8:00 (pm)
Weds	--	----
Thurs	SB	6:30 - 7:30 (pm)
Fri	JWSC	6:00 - 7:00 (am)
Sat	--	----
Sun	JWSC	5:15 - 6:15 (pm)

SILVER			
Day	Venue	Time - Mornings	Time - Evenings
Mon	JWSC	6:00 - 7:00 (am)	6:35 - 8:05 (pm)
Tues	HB	----	7:00 - 8:00 (pm)
Weds	JWSC	6:00 - 7:00 (am)	----
Thurs	--	----	----
Fri	JWSC	6:00 - 7:00 (am)	7:45 - 9:00 (pm)
Sat	--	----	----
Sun	JWSC	----	6:15 - 7:45 (pm)

GOLD			
Day	Venue	Time - Mornings	Time - Evenings
Mon	JWSC	6:00 - 7:00 (am)	6:35 - 8:35 (pm)
Tues	--	----	----
Weds	JWSC	6:00 - 7:00 (am)	8:30 - 9:30 (pm)
Thurs	JWSC	----	7:45 - 9:15 (pm)
Fri	JWSC	6:00 - 7:00 (am)	7:45 - 9:00 (pm)
Sat	--	----	----
Sun	JWSC	----	6:15 - 8:15 (pm)

MASTERS			
Day	Venue	Time - Mornings	Time - Evenings
Mon	JWSC	6:00 - 7:00 (am)	----
Tues	--	----	----
Weds	JWSC	6:00 - 7:00 (am)	8:30 - 9:30 (pm)
Thurs	--	----	----
Fri	JWSC	6:00 - 7:00 (am)	----
Sat	--	----	----
Sun	JWSC	----	7:45 - 8:45 (pm)

DATES TO NOTE:

Sunday 7th November - no training for any squads including Masters

Monday 8th November - no training for any squads in the evening. Silver, Gold & Masters 6am - 7am is open

Tuesday 9th November - no training for any squads

Wednesday 10th November - morning and evening sessions are open for Silver, Gold & Masters

Thursday 11th November - Academy 1, Bronze & Gold evening sessions are open

Friday 12th November - no evening training sessions. Bronze, Silver, Gold & Masters morning 6am - 7am is open

Sunday 14th November - no training for any squads including Masters

Monday 15th November - all training sessions resume as per the timetable, with the exception of Friday 19th

Friday 19th November - no evening training, only 6am - 7am is open for Bronze, Silver, Gold & Masters

OTHER DATES TO NOTE:

Saturday 13th November - Arena League Round 2

Sunday 28th November - Hatfield County Qualifier, Sessions 2 & 3

Monday 29th November, 7:30pm - Hoddesdon Swimming Club - AGM

VENUES:

John Warner Sports Centre, Stanstead Road, Hoddesdon, EN11 0QG

Haileybury Sports Complex, Haileybury College, Hertford SG13 7NU

Simon Balle, Mangrove Road, Hertford, SG13 8AJ