

TRAINING SESSIONS FROM 6TH SEPTEMBER 2021 *(as at 01/09/21)*

ACADEMY 1		
Day	Venue	Time (am/pm)
Mon	--	----
Tues	--	----
Weds	--	----
Thurs	JWSC	7:45 - 8:45 (pm)
Fri	--	----
Sat	--	----
Sun	JWSC	5:15 - 6:15 (pm)

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

BRONZE		
Day	Venue	Time (am/pm)
Mon	JWSC	6:35 - 7:35 (pm)
Tues	HB	7:00 - 8:00 (pm)
Weds	--	----
Thurs	JWSC	7:45 - 8:45 (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) LT 7:00-7:40
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) LT 7:00-7:40
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:

* 7pm Friday evening Land Training for Silver & Gold Squads.

🌊 *Pleased to announce that as from 6th September, Parents are again welcome poolside at JWSC.* 🌊
 🌊 *Other venues currently remain prohibited.* 🌊

VENUES:

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

Haileybury Sports Complex, Haileybury College, Hertford SG13 7NU