



TRAINING SESSIONS FROM 2ND MAY 2022

ACADEMY 1		
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		
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			
Day	Venue	Time - Mornings	Time - Evenings
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)	7:30 - 8:30 (pm)
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)	7:30 - 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	6:00 - 7:00 (am)	7:45 - 9:15 (pm)
Fri	JWSC	6:00 - 7:00 (am)	7:30 - 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:

30 Apr-2 May- SEER Long Course Champs 2022, Norwich

2 May - Early May Bank Holiday - NO TRAINING

6-8 May - SEER Long Course Champs 202, Luton

7-8 May - NUEL SC National Qualifier - new date

14 May - 2 July - Peanuts League

21 May - BPSC Spring SC Open Meet

OTHER DATES TO NOTE:

No Swim Training on the following dates:

2 June - Spring Bank Holiday

3 June - Spring Bank Holiday

25 June - Hoddesdon SC Summer Sprint

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