



TRAINING SESSIONS FROM 1ST JUNE 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:

No Swim Training on the following dates:

- 2 June - Spring Bank Holiday
- 3 June - Spring Bank Holiday

11 June - Peanuts League, Round 2 (by invite)

12 June - Ware Jubilee Gala (by invite)

25 June - Hoddesdon SC Summer Sprint (enter by Google Forms)

OTHER DATES TO NOTE:

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