	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Performance	Dulwich Prep 6.30-8.45pm	Crystal Palace 5.50-8.20pm	Dulwich Prep 7.35-9.05pm OR Dulwich College 6-8am	Crystal Palace (50m) 5.30-7.50pm	Crystal Palace 6-8am	Alleyns 3.30-6pm	Dulwich College 6-8.30pm
Platinum		Beckenham Spa 7-9pm	Dulwich Prep 7.35-9pm			Dulwich Prep 3-4.30pm	Dulwich College 6.30-8.30pm with land training 6.30-7pm
Mercury	Peckham Pulse 6.45-9.10pm	Alleyns 6-9pm		Crystal Palace 5.30-7.50pm	Crystal Palace 6-8am	Alleyns 3-6pm (land training 3-4pm)	Peckham 5.15-7.45pm
Gold	Dulwich Prep 6.30-8.45pm	Alleyns 7-9pm	Dulwich Prep 7.35-9pm		West Norwood 7-9pm	Dulwich Prep 2.30-4.30pm	Alleyns 2-4.30pm*
Silver		Crystal Palace 5-6.45pm	Dulwich Prep 7.35-9pm		West Norwood 7-9pm	Dulwich Prep 1.30-3.10pm	Alleyns 2-4.30pm*
Bronze			Peckham 6.30-8pm		West Norwood 7-8.30pm	Dulwich Prep 1.30-3pm	Alleyns 2-3.30pm
Club		- Under 14 Dulwich Leisure 7-8pm - 14 and over Beckenham Spa 7-9pm				Dulwich Prep 3-4.30pm	
Blue	Dulwich College 5.30-6.30pm or Dulwich Prep 6.35-7.35pm **		Peckham 6.30-8pm	JAGS 6.45-7.45pm			Alleyns 1-2pm
Dolphins	Camberwell Leisure 5-6pm				Dulwich Leisure 6-7pm		Alleyns 1-2pm
Otters		Dulwich Leisure 7-8pm				Alleyns 3-4pm	
Sharks (attendance 2/week)		Dulwich Leisure 6-7pm				JAGS 7.30-8.30am	Dulwich Prep 11.30am-12.30pm

* swim to 4pm, land training outside 4-4.30pm, weather permitting

** Blue Squad's Monday session is split into two. The coach allocates you to one or the other and you stay with that selection. If Dulwich College is not available (always check the calendar), that group join the other group at Dulwich Prep.

More information on Sharks sessions

Sharks swim twice a week and they can choose any two of the three sessions available. They can change that selection each week, as long as they are only doing two.

Sunday nights at Dulwich College

A scuba club books the DC pool on Sunday nights from 8pm on selected dates, whereby we have to leave early. Here is a link to their upcoming dates: