

# TIMETABLE FROM JANUARY 2024 ONWARDS

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Regional Squad	AM	Prepool Swim Time Post Pool LT Location Coach		N/A 05:00 to 06:30 N/A N/A New Malden		N/A 05:00 to 06:30 N/A N/A New Malden	N/A 05:00 to 06:30 N/A N/A New Malden	N/A 07:00 to 09:30 N/A 09:30 to 10:00 LEH	
	PM	Prepool Swim Time Post Pool LT Location Coach	18:05 to 18:20 18:20 to 19:50 19:50 to 20:00 N/A LEH	19:00 to 19:15 19:15 to 21:15 N/A N/A Hurst	N/A 17:30 to 19:00 N/A 19:00 to 20:00 Claygate				14:45 to 15:00 15:00 to 17:00 N/A N/A Surrey Sports Park
County Squad	AM	Prepool Swim Time Post Pool LT Location Coach				04:45 to 05:00 05:00 to 06:30 06:30 to 06:40 N/A New Malden	04:45 to 05:00 05:00 to 06:30 06:30 to 06:40 N/A New Malden		
	PM	Prepool Swim Time Post Pool LT Location Coach	19:35 to 19:50 19:50 to 21:20 NA NA LEH	19:00 to 19:15 19:15 to 21:15 N/A N/A Hurst	N/A 19:00 to 20:00 N/A 17:45 to 18:45 New Malden				16:15 to 16:30 16:30 to 18:30 N/A N/A Hurst
Juniors 4	AM	Prepool Swim Time Post Pool LT Location Coach						09:15 to 09:30 09:30 to 10:30 N/A N/A LEH	
	PM	Prepool Swim Time Post Pool LT Location Coach	20:05 to 20:20 20:20 to 21:20 N/A N/A LEH	19:45 to 20:00 20:00 to 21:00 N/A N/A New Malden	N/A 19:00 to 20:30 N/A 18:00 to 19.00 Claygate				17:15 to 17:30 17:30 to 18:30 N/A N/A Hurst

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Juniors 3	AM	Prepool Swim Time Post Pool LT Location Coach						09:15 to 09:30 09:30 to 10:30 N/A N/A LEH	
	PM	Prepool Swim Time Post Pool LT Location Coach	19:45 to 20:00 20:00 to 21:00 N/A N/A New Malden	18:15 to 18:30 18:30 to 19:30 N/A N/A Claygate	19:45 to 20:00 20:00 to 21:00 N/A N/A New Malden				
Juniors 2	AM	Prepool Swim Time Post Pool LT Location Coach						07:45 to 08:00 08:00 to 09:00 N/A N/A Claygate	
	PM	Prepool Swim Time Post Pool LT Location Coach	19:05 to 19:20 19:20 to 20:20 N/A N/A LEH	19:45 to 20:00 20:00 to 21:00 N/A N/A LEH					16:15 to 16:30 16:30 to 17:30 N/A N/A Hurst
Juniors 1	AM	Prepool Swim Time Post Pool LT Location Coach							11:15 to 11:30 11:30 to 12:30 N/A N/A Claygate
	PM	Prepool Swim Time Post Pool LT Location Coach	18:05 to 18:20 18:20 to 19:20 N/A N/A LEH	19:45 to 20:00 20:00 to 21:00 N/A N/A LEH			19:30 to 19:45 19:45 to 20:45 N/A N/A New Malden		

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Academy 4	AM	Prepool Swim Time Post Pool LT Location Coach						11:45 to 12:00 12:00 to 13:00 N/A N/A Claygate	
	PM	Prepool Swim Time Post Pool LT Location Coach	18:15 to 18:30 18:30 to 19:30 N/A N/A Claygate				19:30 to 19:45 19:45 to 20:45 N/A N/A New Malden		
Academy 3	AM	Prepool Swim Time Post Pool LT Location Coach							06:45 to 07:00 07:00 to 08:00 N/A N/A New Malden
	PM	Prepool Swim Time Post Pool LT Location Coach	17:15 to 17:30 17:30 to 18:30 N/A N/A Claygate				19:15 to 19:30 19:30 to 20:30 N/A N/A Claygate		
Academy 2	AM	Prepool Swim Time Post Pool LT Location Coach							06:45 to 07:00 07:00 to 08:00 N/A N/A New Malden
	PM	Prepool Swim Time Post Pool LT Location Coach					18:15 to 18:30 18:30 to 19:30 N/A N/A Claygate		

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Academy 1	AM	Prepool Swim Time Post Pool LT Location Coach							07:45 to 08:00 08:00 to 08:45 N/A N/A New Malden
	PM	Prepool Swim Time Post Pool LT Location Coach					17:15 to 17:30 17:30 to 18:30 N/A N/A Claygate		
Club Squad	AM	Prepool Swim Time Post Pool LT Location Coach						10:20 to 10:30 10:30 to 12:00 N/A N/A LEH	
	PM	Prepool Swim Time Post Pool LT Location Coach				20:00 to 21:00 N/A 19:00 to 20:00 LEH			19:15 to 19:30 19:30 to 21:00 N/A N/A New Malden
Junior Club Squad	AM	Prepool Swim Time Post Pool LT Location Coach							
	PM	Prepool Swim Time Post Pool LT Location Coach						N/A 11:00 to 12:00 N/A N/A LEH	

			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Masters/Swim Fit	AM	Prepool Swim Time Post Pool LT Location Coach							
	PM	Prepool Swim Time Post Pool LT Location Coach		N/A 21:00 to 22:00 N/A N/A New Malden	N/A 21:00 to 22:00 N/A N/A New Malden	N/A 21:00 to 22:00 N/A N/A LEH			
Junior Waterpolo	AM	Swim Time Location Coach							
	PM	Swim Time Location Coach					20:45 to 21:45 New Malden Steve Luff		
Senior Waterpolo	AM	Swim Time Location Coach							
	PM	Swim Time Location Coach	21:00 to 22:00 New Malden Nora Benko/ Steve Luff			21:00 to 22:00 New Malden Mark Everett/ Steve Luff			