

SQUAD	Performance Squads				Competitive Squads								Academy Squads				Train to Enjoy (TTE)	
	Performance Youth		Performance Age		Regional Competitive		County Competitive		Age Development		Skill Development		Platinum	Gold	Silver	Bronze		
Session	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool	Land	Pool/Land	Pool/Land	Pool	Pool	Pool	
<b>Monday AM</b>	05:20-07:30*				Choose 1 Weekday AM													
<b>Monday PM</b>	16:45-19:20	Grp1 Gym: 19:15-20:00	16:45-18:00	Poolside: 18:05-18:50	19:45-21:35				19:45-21:15				17:50-19:10	18:50-20:05	18:55-20:05			
<b>Tuesday AM</b>	05:20-07:30		05:20-07:30															
<b>Tuesday PM</b>	16:45-19:20*	Grp2 Gym: 19:15-20:00	16:45-19:20						19:45-21:15	19:15-19:45	18:45-20:15		18:50-20:10					
<b>Wednesday AM</b>																		
<b>Wednesday PM</b>	18:45-21:10	Grp1 Gym: 18:00-18:45	16:45-18:20		19:45-21:35	19:15-19:45	19:45-21:35	19:15-19:45			17:45-19:00	19:05-19:35						19:45-21:35
<b>Thursday AM</b>	Make Up 05:20-07:30		05:20-07:30						05:20-07:30									
<b>Thursday PM</b>	16:45-19:20*	Grp2 Gym: 19:15-20:00	18:45-21:10	Sports Hall: 18:00-18:45	19:45-21:35		19:45-21:35		19:45-21:15	19:15-19:45	19:45-21:15			Jubilee: 18:50-20:05	Redcliffe: 18:55-20:05	Redcliffe: 18:55-20:05		
<b>Friday AM</b>	05:20-07:30																	
<b>Friday PM</b>	16:45-19:20	Both Gym/Stu: 19:15-20:00	16:45-19:20		19:45-21:15	19:15-19:45	19:45-21:15		18:45-20:15		19:55-21:15	19:25-19:55	18:50-20:10					19:45-21:15
<b>Saturday AM</b>	07:45-10:15*	Both Poolside: 07:15-07:45	05:50-08:00	Sports Hall: 08:15-09:00	07:45-10:15	07:15-07:45	05:50-08:00	08:15-09:00	05:50-08:00	08:15-09:00								
<b>Sunday PM</b>					16:45-19:15		16:45-19:15		16:45-19:15		16:45-19:15		L1 17:30-17:55 17:55-19:10	L1 17:30-17:55 17:55-19:05				16:45-19:15
<b>TOTALS</b>	18hrs	2.75hrs	14hrs	2.25hrs	11.5hrs	1.5hrs	8hrs	1.25hrs	10hrs	1:75hrs	6hrs	1hr	4hrs+0.5LT	2.75hrs+0.5hrs	2hrs	0.75hrs		4.5hrs

N.B. All Sessions take place at Hengrove unless otherwise stated.