

Squad		Mon AM	Mon PM	Tues AM	Tues PM	Wed AM	Wed PM	Thurs AM	Thurs PM	Fri AM	Fri PM	Sat AM	Sun PM
Pregulls A	Swim		16:00-16:30				16:00-16:30					7:00-8:00	
	Coach		Anand				Anand					Anand	
Pregulls B	Swim		16:00-16:30				16:30-17:00					7:00-8:00	
	Coach		Anand				Anand					Anand	
Development 1	Swim				18:30-19:30				16:00-17:00			7:30-8:25	
	Coach				Martin				Anand			Eve	
Development 2	Pre Pool									5:25-5:30			17:50-18:00
	Swim		16:30-18:00						17:00-18:00	5:30-6:30			18:00-19:00
	Stretch									6:30-6:45			
	Coach		Anand						Anand	Anand			Eve / Anand
County Pathway	PrePool				15:50-16:00	5:25-5:30			18:50-19:00	5:25-5:30	15:50-16:00		17:50-18:00
	Swim				16:00-17:00	5:30-6:30			19:00-20:00	5:30-6:30	16:00-17:30		18:00-19:00
	Stretch					6:30-6:45				6:30-6:45			
	Coach				Anand	Anand/Eve			Eve / Anand	Anand	Martin		Eve / Anand
Age County	PrePool			5:20-5:30	15:50-16:00	5:25-5:30			18:50-19:00		15:50-16:00	5:45-5:55	18:45-19:00
	Swim			5:30-7:00	16:00-18:00	5:30-6:30			19:00-20:00		16:00-17:30	6:00-7:00	19:00-20:00
	Stretch					6:30-6:45							
	Coach			Eve	Martin/Anand	Anand/Eve			Eve / Anand		Anand	Anand	Eve / Anand
Age Regional	PrePool	4:50-5:00		5:20-5:30							17:10-17:25	5:45-5:55	18:45-19:00
	Swim	5:00-6:00		5:30-7:00	19:30-21:00				18:30-20:30		17:30-19:30	6:00-8:00	19:00-20:00
	Land T	6:00-7:00										8:00-9:00	
	Coach	Martin		Eve	Martin				Martin		Martin/Eve	Martin	Eve / Annad
Performance Pathway	PrePool	4:50-5:00	19:45-20:00					4:50-5:00	19:45-20:00		19:20-20:30		18:45-19:00
	Swim	5:00-6:00	20:00-21:00					5:00-7:00	20:00-21:00		19:30-20:30		19:00-20:00
	Land T	6:00-7:00											
	Coach	Martin	Martin					Libby/Martin	Anand		Martin		Eve / Annad
Youth Performance	PrePool	4:50-5:00		4:50-5:00				4:50-5:00			17:10-17:25	5:45-5:55	
	Swim	5:00-6:00		5:00-7:00	19:30-21:00			5:00-7:00	18:30-20:30		17:30-19:30	6:00-8:00	
	Land T	6:00-7:00										8:00-9:00	
	Coach	Martin		Martin	Martin			Martin	Martin		Martin/Eve	Martin	
Youth National	PrePool	4:50-5:00		4:50-5:00			15:50-16:00	4:50-5:00			17:10-17:25	5:45-5:55	
	Swim	5:00-6:00		5:00-7:00	19:30-21:00		16:00-18:00	5:00-7:00	18:30-20:30		17:30-19:30	6:00-8:00	
	Land T	6:00-7:00										8:00-9:00	
	Coach	Martin		Martin	Martin		Martin	Martin	Martin		Martin/Eve	Martin	
Masters	Swim		*20:00-21:00*						20:00-21:00				
	Coach		Martin						Eve				
Artistic Swimming	Swim										19:30-21:00		18:30-20:00

\*Masters Session Mon PM\*

Must be able to make turn arounds of 1:45 per 100m FC

Key

Two Rivers Meet

New Milton

Ferndown