

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	
Pregulls B	Swim		16:00-16:30				16:30-17:00					7:00-8:00	
Development 1	Swim				18:30-19:30				16:00-17:00			7:30-8:25	
Development 2	Pre Pool					5:25-5:30							17:50-18:00
	Swim		16:30-18:00			5:30-6:30			17:00-18:00				18:00-19:00
	Stretch					6:30-6:45							
Competitive Pathway	Pre Pool				15:50-16:00	5:25-5:30					15:50-16:00	5:45-5:55	17:50-18:00
	Swim				16:00-17:00	5:30-6:30					16:00-17:30	6:00-7:00	18:00-19:00
	Stretch					6:30-6:45							
County Pathway	PrePool				15:50-16:00	5:25-5:30			18:50-19:00		15:50-16:00	5:45-5:55	17:50-18:00
	Swim				16:00-18:00	5:30-6:30			19:00-20:00		16:00-17:30	6:00-7:00	18:00-19:00
	Stretch					6:30-6:45							
Age County	PrePool			5:20-5:30	15:50-16:00			5:20-5:30	18:50-19:00		15:50-16:00	5:45-5:55	18:45-18:55
	Swim			5:30-7:00	16:00-18:00			5:30-7:00	19:00-20:00		16:00-17:30	6:00-8:00	19:00-20:00
Age Regional	PrePool	4:50-5:00		5:20-5:30				5:20-5:30	18:50-19:00		17:15-17:25	5:45-5:55	18:45-18:55
	Swim	5:00-6:00		5:30-7:00	19:30-21:00			5:30-7:00	19:00-20:00		17:30-19:30	6:00-8:00	19:00-20:00
	Land T	6:00-7:00										8:00-9:00	
Performance Pathway	PrePool	4:50-5:00						4:50-5:00			19:20-19:25		18:45-18:55
	Swim	5:00-6:00	20:00-21:00					5:00-7:00	18:30-20:30		19:30-20:30		19:00-20:00
	Land T	6:00-7:00											
Youth Performance	PrePool	4:50-5:00		4:50-5:00				4:50-5:00			17:15-17:25	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	
Youth National	PrePool	4:50-5:00		4:50-5:00			15:50-16:00	4:50-5:00			17:15-17:25	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	
Club Fitness	Swim		20:00-21:00					20:00-21:00				19:00-20:00	
Masters	Swim		20:00-21:00					20:00-21:00					
Artistic Swimming	Swim										19:30-21:00		18:30-20:00

Key	Two Rivers Meet	New Milton	Ferdown
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