

Chalfont Otters Swimming Club Squad Timetable from 4 March 2024							
Performance Squads	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Senior Performance 16.75 hrs (inc. 0.75 hrs land)			Chalfont (1.5) 05:30 - 07:00		Chalfont (1.5) 05:30 - 07:00		Amersham (2) 09:00 - 11:00 11:30 - 12:15 LT
	Maltman's (2) 18:15 - 20:15	Chalfont (2) 19:00 - 21:00	Hillingdon (2) 19:15 - 21:15	Chalfont (2) 19:00 - 21:00	Chalfont (1.5) 19:30 - 21:00		Chalfont (1.5) 17:30 - 19:00
Senior Competitive 12 hrs			Chalfont (1.5) 05:30 - 07:00		Chalfont (1.5) 05:30 - 07:00		
	Maltman's (2) 18:15 - 20:15	Chalfont (2) 19:00 - 21:00		Chalfont (2) 19:00 - 21:00	Chalfont (1.5) 19:30 - 21:00		Chalfont (1.5) 17:30 - 19:00
Competitive Development	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Competitive Development 2 13 hrs (inc. 1 hrs land)			Chalfont (1.5) 05:30 - 07:00		Chalfont (1.5) 05:30 - 07:00		
	Maltman's (1) 19:15 - 20:15 18:15 - 19:15 LT	Chalfont (2) 19:00 - 21:00	Hillingdon (1) 20:15 - 21:15	Chalfont (2) 19:00 - 21:00	Chalfont (1.5) 19:30 - 21:00		Chalfont (1.5) 17:30 - 19:00
Competitive Development 1 10.5 hrs (inc. 1 hrs land)			Chalfont (1.5) 05:30 - 07:00		Chalfont (1.5) 05:30 - 07:00		
	Maltman's (1) 18:15 - 19:15 19:15 - 20:15 LT		Maltman's (1) 19:15 - 20:15	Maltman's (2) 18:15 - 20:15	Chalfont (1) 18:30 - 19:30		Chalfont (1.5) 16:00 - 17:30
Club Squads	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Masters choose 1.5 or 3 hrs (from 7 hrs available)			Chalfont (1.5) 05:30 - 07:00		Chalfont (1.5) 05:30 - 07:00		
			Maltman's (1) 19:15 - 20:15		Chalfont (1.5) 19:30 - 21:00		Chalfont (1.5) 17:30 - 19:00
Club choose 3 or 4 hrs (from 6.5 hrs available)			Chalfont (0.5) 05:30 - 06:00		Chalfont (1.5) 05:30 - 07:00		
			Maltman's (1) 19:15 - 20:15	Maltman's (1) 19:15 - 20:15	Chalfont (1) 18:30 - 19:30		Chalfont (1.5) 16:00 - 17:30

Chalfont Otters Swimming Club Squad Timetable from 4 March 2024							
Junior Development Squads	Mon	Tue	Wed	Thu	Fri	Sat	Sun
JD6 7.5 hrs (inc. 1 hrs land)							
	Maltman's (1) 18:15 - 19:15 19:15 - 20:15 LT		Maltman's (1) 19:15 - 20:15	Maltman's (2) 18:15 - 20:15	Chalfont (1) 18:30 - 19:30		Chalfont (1.5) 16:00 - 17:30
JD5 6.5 hrs (inc. 1 hrs land)							
	Maltman's (1) 18:15 - 19:15 19:15 - 20:15 LT		Maltman's (1) 19:15 - 20:15	Maltman's (1) 18:15 - 19:15	Chalfont (1) 18:30 - 19:30		Chalfont (1.5) 16:00 - 17:30
JD4 5 hrs							
	Chalfont (1) 19:00 - 20:00		Maltman's (1) 19:15 - 20:15	Maltman's (1) 18:15 - 19:15	Chalfont (1) 18:30 - 19:30		Chalfont (1) 15:00 - 16:00
JD3 4 hrs							
	Chalfont (1) 19:00 - 20:00		Maltman's (1) 18:15 - 19:15	Maltman's (1) 18:15 - 19:15			Chalfont (1) 15:00 - 16:00
JD2 3 hrs							
	Chalfont (1) 19:00 - 20:00		Maltman's (1) 18:15 - 19:15				Chalfont (1) 15:00 - 16:00
JD1 2 hrs							
			Maltman's (1) 18:15 - 19:15				Chalfont (1) 15:00 - 16:00
Stroke Development /Beginner Squads	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>PRE-ALLOCATED SESSIONS ONLY</b>							
SD4 (60 Mins)						Maltman's 09:00 - 12:00	
SD3 (45 Mins)						Maltman's 09:00 - 12:00	
SD2 (30 Mins)						Maltman's 09:00 - 12:00	
SD1 (30 Mins)						Maltman's 09:00 - 12:00	
OB2 (30 Mins)						Maltman's 09:00 - 12:00	
OB1 (30 Mins)						Maltman's 09:00 - 12:00	
<i>Land Training (LT) at Maltman's takes place at The Junior Gym</i>							
<i>Wear sports clothes with trainers for Land Training</i>							