



Elmbridge Phoenix Swimming Club Timetable

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Rising Stars (1hr max) Slot System	PM			RS2 - 6 - 6.30pm Xcel		RS1 6 - 6.30pm and RS2 6.30-7pm Hurst	
Bronze (3.5hrs max) Slot System	PM	5 - 6pm or 6 - 6.30-pm Xcel		6 - 6.30pm Xcel	6 - 7pm Xcel	6 - 7pm Hurst	
Silver (3hrs max) Slot System	PM	5 - 6pm Xcel			6 - 7pm Xcel	6 - 7pm Hurst	
Gold (4hrs max) Slot System	PM	5 - 6pm Xcel		6.30 - 7.30pm Xcel	6 - 7pm Xcel	7 - 8pm Hurst	
Development (5hrs max) Slot System	PM	5 - 6pm Xcel		6.30 - 7.30 Xcel	6 - 7pm Xcel	7 - 8pm Hurst	7 - 8pm Xcel
Junior Transition (7 hrs + 45m land)	PM	6 - 7.30pm Xcel	7 - 8.30pm Hurst	6- 7pm ACS (Swim) 7.15-8pm ACS (Land)	7 - 8.30pm Xcel	7 - 8.30pm Hurst	
Junior Squad (11hrs + 45m Land)	PM	6 - 8pm Xcel	7 - 9pm Hurst	6- 7pm ACS (Swim) 7.15-8pm ACS (Land)	7 - 9pm Xcel	7 - 9pm Hurst	7 - 9pm Xcel
Senior Squad (6hrs max + 45m land)	PM	5 - 7pm Xcel		6.15- 7pm ACS (Land) 7-8pm ACS (Swim)	6 - 8pm Xcel		7 - 9pm Xcel
Junior Performance (12 hrs + 1.5 Land)	AM	10am - 12pm Aldershot					
	PM	6 - 8pm Xcel	7 - 9pm Hurst	6.15-7pm ACS (Land) & 7- 8pm ACS (swim)	7 - 9pm Xcel	6 - 7pm ACS (Swim) 7.15-8pm ACS (Land)	7 - 9pm Xcel
Senior Performance (13hrs + 45m Land or 12 hours +1.5 land)	AM	10am - 12pm Aldershot					
	Invite Only		6.15 - 7pm ACS (Gym) 7 - 8pm ACS (Swim)				
	PM	6 - 8pm Xcel	7 - 9pm Hurst	6 - 8pm ACS (Swim)	7 - 9pm Xcel	6.15pm - 7pm ACS (Land) 7-8PM ACS(Swim)	7 - 9pm Xcel
Masters (4.5hrs) Slot System	PM	6.30 - 8pm Xcel			7.30 - 9pm Xcel		7.30 - 9pm Xcel