

Elmbridge Phoenix Swimming Club Timetable - September 2022

Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rising Stars		6-7PM	6-7PM		6-7PM			
	PM							
Recommended 1 hour		ACS	ACS		ACS			
Bronze		6.30-7.30		6.30-7.30PM				5-6PM
	PM							
Recommended 1-2 Hours		XCEL		XCEL				XCEL
Silver		6-7		6.30-7.30PM	6-7PM			5-6PM
	PM							
Recommended 2 Hours		ACS		XCEL	ACS			XCEL
Gold		7.15-8.15PM	6-7.30PM		6.30-8PM			5-6PM
	PM							
Recommended 3 Hours		HURST	XCEL		XCEL			XCEL
Junior Squad		7:15- 9:15PM	7:30-9PM	7:30-9PM	6.30-8PM	7-9PM		6-8PM Swim
	PM					JS2 Only		XCEL
Recommended minimum JS1 - 3 sessions JS2 - 4 sessions		HURST	ACS	XCEL	XCEL	XCEL		5-5.45PM LT XCEL
Competitive 1 <i>(old Junior Competitive)</i>		7.30-9PM	6-7PM	6.30-7.30PM				5-6PM
	PM							
Recommended 3/3.5 hours		XCEL	ACS	XCEL				XCEL
Competitive 2 <i>(old Senior Competitive)</i>		7:30-9PM	6.30-7.30PM		7.15-9.15PM	7-8.30PM		6.30-8PM
	PM							
Recommended minimum 3 sessions		XCEL	XCEL		HURST	XCEL		HURST
Performance 1							06.45-8.15AM Swim 08.30-9.30AM LT	10AM-12PM ALDRSHOT
	AM							
<i>(old Age Group Performance)</i>	PM	7 - 9.00PM	5.45-7.30PM (Swim) 7.45-8.45PM (LT)	7:30-9PM	7:00-9PM SWIM	7-8.30PM		6-8PM
Recommended minimum 4 sessions		ACS	ACS	XCEL	ACS	XCEL	B-GATE	XCEL
Performance 2							06.45-8.15AM Swim 08.30-9.30AM LT	10AM-12PM ALDRSHOT
	AM							
<i>(old Youth Performance)</i>	PM	7-9PM	6-7PM (LT) 7-9PM Swim	7.30-9PM	SWIM 7-9PM	7-8.30PM		6-8PM
Recommended minimum 4 sessions		ACS	ACS	XCEL	ACS	XCEL	B-GATE	XCEL
SwimActive 1 <i>(old Junior Swim Active)</i>		6.30-7.30PM		6.30-7.30PM	7.15-8.15PM			
	PM							
Recommended 1-2 hours		XCEL		XCEL	Hurst			
SwimActive 2 <i>(old Senior Swim Active)</i>		8-.15-9.15PM		6.30-7.30PM	8.15-9.15PM			
	PM							
Recommended 1-2 hours		HURST		XCEL	HURST			
Masters		7.15-9.15PM			7.45-9.15PM	7-9PM <i>(note swimmer led)</i>		6.30-8PM
	PM							
		HURST			HURST	XCEL		HURST