

# FSC TIMETABLE FROM TUESDAY 1ST MARCH 2022



<b>KEY</b>	<b>FLC</b>	FARNHAM LEISURE CENTRE
	<b>AGSC</b>	ALDERSHOT GARRISON SPORTS CENTRE
	<b>LIDO</b>	ALDERSHOT LIDO
	<b>LAND</b>	LAND WORK AT FARNHAM LEISURE CENTRE (Sports Kit Needed)
ACADEMY GRID BELOW (PAGE 3)		

SQUADS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIGH PERFORMANCE		FLC 6.00-7.30AM		FLC 6.00-7.30AM		FLC 6.00-7.30AM	FLC 7.00-8.30AM LAND 8.45-9.45 AM
	FLC 18.00-20.00PM		FLC 20.00-21.30PM LAND 19.00-19.45PM	AGSC 19.00-21.00PM	AGSC 19.00-21.00PM	FLC 20.00-21.00PM	
REGIONAL		FLC 6.00-7.30AM		FLC 6.00-7.30AM		FLC 6.00-7.30AM	FLC 7.00-8.30AM LAND 8.45-9.45 AM
	FLC 18.00-20.00PM		FLC 20.00-21.30PM LAND 19.00-19.45PM	AGSC 19.00-21.00PM	AGSC 19.00-21.00PM	FLC 20.00-21.00PM	
SENIOR COMPETITIVE		FLC 6.00-7.30AM				FLC 6.00-7.30AM	
	FLC 20.00-21.00PM		FLC 20.00-21.30PM	FLC 19.00-20.00PM		FLC 20.00-21.00PM	
REGIONAL DEVELOPMENT		FLC 6.00-7.30AM		FLC 6.00-7.30AM		FLC 6.00-7.30AM	FLC 7.00-8.30AM LAND 8.45-9.45 AM
	FLC 18.00-20.00PM		FLC 20.00-21.30PM LAND 19.00-19.45PM		AGSC 19.00-20.30PM	FLC 20.00-21.00PM	
COUNTY		FLC 6.00-7.30AM				FLC 6.00-7.30AM	AGSC 7.00-8.00AM
	FLC 18.00-20.00PM		FLC 19.00-20.00PM LAND 18.00-18.45PM	FLC 18.00-20.00PM		FLC 19.00-20.00PM	

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SQUADS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COUNTY DEVELOPMENT		FLC 6.00-7.30AM				FLC 6.00-7.30AM	AGSC 7.00-8.00AM
	FLC 16.45-18.00PM		FLC 19.00-20.00PM LAND 18.00-18.45PM	FLC 19.00-20.00PM		FLC 19.00-20.00PM	
COMPETITIVE		FLC 6.00-7.00 or 7.30AM **				FLC 6.00-7.00 or 7.30AM **	FLC 7.00-8.30AM
	FLC 16.45-18.00PM		FLC 19.00-20.00PM			FLC 19.00-20.00PM	
COMPETITIVE DEVELOPMENT		FLC 6.00-7.00 or 7.30AM **		FLC 17.00-18.00PM		FLC 6.00-7.00 or 7.30AM **	
	FLC 16.00-16.45PM		FLC 18.30-19.00PM			FLC 19.00-20.00PM	
JUNIORS		FLC 6.00-7.00AM*				FLC 6.00-7.00AM*	
	FLC 16.00-16.45PM		FLC 18.30-19.00PM				
JUNIOR DEVELOPMENT							
	FLC 16.00-16.45PM		FLC 18.30-19.00PM				
MASTERS		FLC 6.00-7.30AM				FLC 6.00-7.30AM	LIDO 7.00-8.00AM
	FLC 20.00-21.00PM		LIDO 19.30-20.30PM		AGSC 20.30-21.30PM		

\* Note Juniors finish at 7am

\*\* Competitive Development & Competitive have an option to finish at 7.00am but welcome to stay to 7.30am

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## ACADEMY GRID SUNDAYS FLC 16.00-19.00PM



GROUP	FLC LEARNER / MAIN POOL	TIME
BRONZE 1	LEARNER POOL	16.00-16.30
BRONZE 2	LEARNER POOL	16.30-17.00
SILVER 1	LEARNER POOL	17.00-17.30
SILVER 2	LEARNER POOL	17.30-18.00
GOLD 1	LEARNER POOL	18.00-18.30
GOLD 2	LEARNER POOL	18.30-19.00
ACADEMY PLATINUM 1	MAIN POOL	17.00-17.30
ACADEMY PLATINUM 2	MAIN POOL	17.30-18.00