

FSC TIMETABLE FROM TUESDAY 3rd JANUARY 2023



KEY	FLC	FARNHAM LEISURE CENTRE
	AGSC	ALDERSHOT GARRISON SPORTS CENTRE
	LIDO	ALDERSHOT LIDO
	LAND	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 6.00-7.00 or 7.30AM **	
	FLC 16.00-16.45PM		FLC 18.30-19.00PM	FLC 19.00-20.00PM		FLC 19.00-20.00PM	
JUNIORS		FLC 6.00-7.00AM*				FLC 6.00-7.00AM*	FLC 7.00-8.00AM
	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