

Squad	Day	Time	Length	Activity	Location
YP	Mon	05:45 - 07:30	1.75	Swim	Sennocke
YP	Tues	05:45 - 07:30	1.75	Swim	Sennocke
YP	Tues	19:15 - 21:00	1.75	Swim	Sennocke
YP	Weds	17:30 - 18:15	0.75	Land	Leisure Centre
YP	Weds	18:30 - 20:00	1.5	Swim	Leisure Centre
YP	Thurs	06:00 - 07:30	1.5	Swim	Walthamstow Hall
YP	Thurs	19:00 - 21:00	2	Swim	Leisure Centre
YP	Fri	18:15 - 20:15	2	Swim	Sennocke
YP	Sun	08:30 - 10:30	2	Swim	Leisure Centre
YD+	Mon	05:45 - 07:30	1.75	Swim	Sennocke
YD+	Tues	20:45 - 21:45	1	Swim	Walthamstow Hall
YD+	Wed	19:00 - 19:45	0.75	Land	Leisure Centre
YD+	Weds	20:00 - 21:00	1	Swim	Leisure Centre
YD+	Thurs	06:00 - 07:30	1.5	Swim	Walthamstow Hall
YD+	Thurs	19:45 - 21:15	1.5	Swim	Walthamstow Hall
YD+	Fri	18:15 - 20:15	2	Swim	Sennocke
YD+	Sat	06:30 - 08:00	1.5	Swim	Walthamstow Hall
YD+	Sun	18:00 - 20:00	2	Swim	Leisure Centre
AGP	Mon	06:00 - 07:30	1.5	Swim	Walthamstow Hall
AGP	Tues	05:45 - 07:30	1.75	Swim	Sennocke
AGP	Tues	19:15 - 21:00	1.75	Swim	Sennocke
AGP	Weds	17:30 - 18:15	0.75	Land	Leisure Centre
AGP	Weds	18:30 - 20:00	1.5	Swim	Leisure Centre
AGP	Thurs	19:30 - 21:00	1.5	Swim	Leisure Centre
AGP	Fri	18:30 - 20:30	2	Swim	Leisure Centre
AGP	Sun	08:30 - 10:30	2	Swim	Leisure Centre
YD	Mon	19:00 - 21:00	2	Swim	Leisure Centre
YD	Tues	20:45 - 21:45	1	Swim	Walthamstow Hall
YD	Wed	19:00 - 19:45	0.75	Land	Leisure Centre
YD	Weds	20:00 - 21:00	1	Swim	Leisure Centre
YD	Thurs	19:45 - 21:15	1.5	Swim	Walthamstow Hall
YD	Sat	06:30 - 08:00	1.5	Swim	Walthamstow Hall
YD	Sun	18:00 - 20:00	2	Swim	Leisure Centre
AGD 1	Mon	06:00 - 07:30	1.5	Swim	Walthamstow Hall
AGD 1	Tues	18:00 - 19:30	1.5	Swim	Leisure Centre
AGD 1	Weds	19:20 - 20:30	1.16	Swim	St Michaels
AGD 1	Fri	18:30 - 20:30	2	Swim	Leisure Centre
AGD 1	Sun	11:15 - 13:15	2	Swim	Sennocke
AGD 2	Mon	19:15 - 20:30	1.25	Swim	St Michaels
AGD 2	Thurs	17:30 - 19:30	2	Swim	Leisure Centre
AGD 2	Fri	18:15 - 19:45	1.5	Swim	Walthamstow Hall
AGD 2	Sun	11:15 - 13:15	2	Swim	Sennocke
CD	Wed	20:00 - 21:00	1	Swim	Leisure Centre
CD	Thurs	20:15 - 21:15	1	Swim	Sennocke
CD	Sat	08:00 - 10:00	2	Swim	Radnor

CD	Sun	18:00 - 20:00	2	Swim	Leisure Centre
JD	Mon	18:00 - 19:15	1.25	Swim	St Michaels
JD	Thurs	17:30 - 19:00	1.5	Swim	Leisure Centre
JD	Fri	18:15 - 19:45	1.5	Swim	Walthamstow Hall
JD	Sun	08:00 - 09:30	1.5	Swim	Radnor
OAG	Mon	18:00 - 19:00	1	Swim	Leisure Centre
OAG	Wed	18:20 - 19:20	1	Swim	St Michaels
OAG	Sun	09:30 - 11:00	1.5	Swim	Radnor
OAS	Mon	18:00 - 19:00	1	Swim	Leisure Centre
OAS	Wed	18:20 - 19:20	1	Swim	St Michaels
OAS	Sun	11:00 - 12:00	1	Swim	Radnor
OAB	Mon	18:30 - 19:30	1	Swim	New Beacon
OAB	Tues	18:15 - 19:15	1	Swim	New Beacon
OAB	Sun	11:00 - 12:00	1	Swim	Radnor
Minnows	Sun	12:45 - 16:15	3.5	Swim	Walthamstow Hall
Masters	Thurs	20:15 - 21:15	1	Swim	Sennocke
Masters	Sun	20:00 - 21:00	1	Swim	Leisure Centre
Club	Sat	08:00 - 09:30	1.5	Swim	Radnor
Club	Sun	09:30 - 11:00	1.5	Swim	Radnor
WPS	Wed	21:00 - 22:00	1		Leisure Centre
WPJ	Sun	10:15 - 11:15	1		Sennocke