

18th December 2023 - 7th January 2024

Monday 18th	Tuesday 19th *	Wednesday 20th	Thursday 21st *	Friday 22nd *	Saturday 23rd	Sunday 24th
Waddon	No Training	Waddon	Old Palace	New Addington	Old Palace	No Training
7.30pm - 9.00pm Performance		6.00am - 7.30am Masters/Performance/County/County Dev	6.00pm - 7.30pm County	6.00pm - 7.30pm County	8.00am - 9.00am Pre-Squad/Pre Squad+	
9.00pm - 10pm Masters (18+)		7.30pm - 8.30pm Intermediate	7.30pm - 9.00pm Performance	6.00pm - 8.00pm Performance	9.00am - 10.00am County Dev	
		8.30pm - 9.30pm Advanced		Old Palace	10.00am - 11.00am	
				6.00pm - 7.00pm Pre-Squad	Progress/Intermediate	
				7.00pm - 8.00pm Pre-Squad+/Progress	11.00am - 12.00pm Advanced	
				8.00pm - 9.00pm County Dev		
		* Change to advertised sessions due to pool closures				

Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
No Training	No Training	Old Palace	Old Palace	Old Palace	No Training	No Training
		9.30am -10.30am Progress/Pre-Squad	9.30am -10.30am Intermediate/Advanced	9.30am -10.30am County Dev/Pre-Squad+		
		10.30am-12.00pm County/Performance	10.30am-12.00pm County/Performance	10.30am-12.00pm County/Performance		

Monday 1st Jan 2024	Tuesday 2nd Jan 2024	Wednesday 3rd Jan 2024	Thursday 4th Jan 2024	Friday 5th Jan 2024	Saturday 6th Jan 2024	Sunday 7th Jan 2024
No Training	Warlingham	Waddon	Waddon	Waddon	Old Palace	Caterham School
	6.30pm - 7.30pm County	6.00am - 7.30am Masters/Performance/County*	6.00am - 7.30am Performance/County*/County Dev	7.30pm - 8.30pm County Dev	8.00am - 9.00am Pre-Squad/Pre Squad+	12.00pm - 1.30pm County Dev/Pre-Squad+
	7.30pm - 9.00pm Performance	7.30pm - 8.30pm Intermediate	Old Palace 6.00pm - 7.00pm Pre-Squad	8.30pm - 9.30pm Advanced		1.30pm - 3.00pm County
		8.30pm - 9.30pm Advanced	7.00pm - 8.00pm Pre-Squad+/Progress	New Addington 7.00pm - 8.30pm County		1.30pm - 3.30pm Performance
		Tadworth				New Addington
		7.00pm - 8.30pm County*/County Dev	8.00pm - 9.00pm Intermediate	7.00pm - 9.00pm Performance		4.00pm - 5.30pm Advanced
			Warlingham School			4.00pm - 5.00pm Progress Squad
			5.30pm - 7.00pm County*			5.00pm - 6.00pm Intermediate
			7.00pm - 9.00 pm Performance			