

Swimming Squads Timetable January 2020

Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Max Swim Hrs Available	Max Land Hrs Available
Senior Elite (SE)	AM	05:30 - 07:30	05:30 - 07:30	05:30 - 07:30	05:30 - 06:45 @ Hillingdon LC	05:30 - 07:30			18.25	2.25 + 0.5 Post Pool
	PM	18:00 - 20:00	⊖ 17.30 - 18.15 Land TBC 18:30 - 20:30 @Chesham		⊖ 17.15 - 18.00 Land 18:30 - 20:00	18:00 - 20:00		15:30 - 17:30 ⊖ 17.45 - 18.30 Land		
Senior Performance (SP)	AM		05:30 - 07:30	05:30 - 07:30	05:30 - 06:45 @ Hillingdon LC				12.75	1.5 + 0.5 Post Pool
	PM	18:00 - 20:00			⊖ 17.15 - 18.00 Land 18:30 - 20:00	18:00 - 20:00		15:30 - 17:30 ⊖ 17.45 - 18.30 Land		
Junior Elite (JE)	AM	05:30 - 07:30			05:30 - 06:45 @ Hillingdon LC		07:00 - 09:00		12	1.5 + 0.75 Post Pool
	PM	17:00 - 18:00 ⊖ 18.15 - 19.00 Land	17:45 - 19:30	17:00 - 18:00 ‡ 18.15 - 19.00 Land	18:30 - 20:00			15:30 - 17:30		
Junior Performance (JP)	AM				06:00 - 07:30	05:30 - 07:00	07:00 - 08:30		8.5	0.75 + 0.5 Post Pool
	PM	17:00 - 18:00 ⊖ 18.15 - 19.00 Land		17:00 - 18:00				15:30 - 17:30		
Technical Excellence (TE)	AM				6:00 - 7:30		08:30 - 10:00		7.5	0.75
	PM		19:00 - 20:00	‡ 17.00 - 17.45 Land (1/2 Squad) 18:00 - 19:00		17:00 - 18:00		⊖ 16.45 - 17.30 Land (1/2 Squad) 18:00 - 19:30		
Technical Development (TD)	AM						07:00 - 08:30		4.5	
	PM		18:00 - 19:00			18:15 - 19:15 @ RMS		17:30 - 18:30		
Academy 1 (AC1)	AM						07:00 - 08:00 @ Maltmans		3.75	
	PM			19:00 - 19:45 @ RMS	18:15 - 19:15 @ RMS			18:30 - 19:30		
Academy 2 (AC2)	AM						07:00 - 08:00 @ Maltmans		3.75	
	PM			19:00 - 19:45 @ RMS	18:15 - 19:15 @ RMS			18:30 - 19:30		
Academy 3 (AC3)	AM						07:00 - 08:00 @ Maltmans		3.25	
	PM			19:00 - 19:45 @ RMS	18:15 - 19:15 @ RMS			17:30 - 18:00		
Academy 4 (AC4)	AM						08:00 - 09:00 @ Maltmans		2.5	
	PM				17:30 - 18:15 @ RMS			17:30 - 18:00		
Academy 5 (AC5)	AM						08:00 - 09:00 @ Maltmans		2.5	
	PM				17:30 - 18:15 @ RMS			17:30 - 18:00		
Academy 6 (AC6)	AM						08:00 - 09:00 @ Maltmans		1.75	
	PM				17:30 - 18:15 @ RMS					
Academy 7 (AC7)	AM								1.5	
	PM		17:45 - 18:15 @ RMS					16:30 - 17:30 @Diving Pool		
Junior Fitness	AM								1 or 2	
	PM		17.45 - 18.45 @ RMS			18.15 - 19.15 @ RMS				
Youth Fitness	AM				6.00 - 7.30				1, 2 or 3.5	
	PM		18.45 - 19.45 @ RMS			19.15-20.15 @ RMS				
Masters	AM						09.00 - 10.30		1, 2 or 4.5	
	PM	20.00 - 21.00			20.00 - 21.00			19:30 - 20:30		
Ⓞ Pool Location		Ⓞ Land Training								
Unless stated all sessions are in the main pool Ⓞ Chiltern Pools, Amersham		Ⓞ Land Training @ Gym Studio, Chiltern Pools      ⊖ Land Training @ Free Church, JE & JP on Mondays      ‡ Land Training @ Barn JE on Tuesdays & @ Drake Hall TE on Wednesdays All Elite & Performance squads evening sessions have 15 mins pre & post swim poolside land session unless there is land training. All Technical and Academy squads evening sessions have 10 mins pre poolside dynamic stretching								