

## Verulam SC – Training Schedule September to December 2023

Last updated: 01-Sep-23

Group	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue
Swim School 1	4.00 – 4.30pm	WML_LP										
Swim School 2	4.00 – 4.30pm	WML_LP										
Swim School 3	4.30 – 5.00pm	WML_LP										
Swim School 4	5.00 – 5.30pm	WML_LP										
Swim School 5	5.30 – 6.00pm	WML_LP										
Swim School 6	5.00 – 5.30pm	WML									6.30 – 7.30pm	WML*
Swim School 7	5.30 – 6.00pm	WML									6.30 – 7.30pm	WML*
Academy 1	4.00 – 5.00pm	STAHS	6.15 – 7.15pm	MARL	6.15 – 7.15pm	WML	6.15 – 7.15pm	MARL			6.00 – 7.00pm	STAHS
Academy 2	4.00 – 5.00pm	STAHS	6.15 – 7.15pm	MARL	6.15 – 7.15pm	WML	6.15 – 7.15pm	MARL			6.00 – 7.00pm	STAHS
Academy 3	5.00 – 6.00pm	STAHS	6.45 – 7.45pm	TE	6.15 – 7.15pm	WML	7.15 – 8.15pm	MARL			7.00 – 8.00pm	STAHS
Academy 4	5.00 – 6.00pm	STAHS	6.45 – 7.45pm	TE	6.15 – 7.15pm	WML	8.15 – 9.15pm	MARL			7.00 – 8.00pm	STAHS
Performance Dev.	4.00 – 5.30pm	WML	7.15 – 8.15pm	MARL	7.15 – 8.45pm	WML	7.15 – 8.15pm	MARL	6.00 – 7.00am	WML	6.30 – 8.00pm	WML
Performance	4.00 – 6.00pm	WML	8.15 – 9.15pm	MARL	7.15 – 8.45pm	WML	8.15 – 9.15pm	MARL	6.00 – 7.00am	WML	6.30 – 8.30pm	WML
Masters	4.00 – 5.00pm	WML									7.30 – 8.30pm	WML

Key:

MARL	Marlborough School
TE	Townsend School
STAHS	St Albans High School
WML	Westminster Lodge (Main Pool)
WML_LP	Westminster Lodge (Learner Pool)
*	Optional - pay-as-you-go