

Squad timetable effective September 2010

(All sessions are at the Aquadrome unless stated otherwise)

Waterpolo

Tuesday:	8.30 - 10.00 pm	
Thursday:	7.30 - 9.00 pm	
Friday:	5.30 - 6.20 pm	
Saturday:	9.45 - 10.45 am	Land Training
Sunday:	8.30 - 9.30 pm	Total Swim: 5 hr

Sharks

Sunday:	6.00 - 7.00 20m pool	Total Swim: 1hr
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Development 2

Monday:	6.30 - 7.30 pm	Cranbourne	Total Swim: 2 hr
Friday:	6.30 - 7.30 pm		

Development 1

Saturday:	8.30 - 9.30 am		
Wednesday:	6.30 - 7.30 pm	Group B Cranbourne	Total Swim: 2 hr
Sunday:	6.00 - 7.00 pm	Group A	

Academy

Monday:	5.30 - 6.30 pm		
Wednesday:	5.30 - 6.30 pm		
Saturday:	7.55 - 8.55 am	Town Centre	Total Swim: 3 hrs

Young Achievers

Monday:	7.30 - 8.30 pm		
Tuesday:	7.30 - 8.30 pm		
Wednesday:	7.30 - 8.30 pm		
Friday:	7.30 - 8.30 pm		
Saturday:	7.55 - 8.55 am	Town centre	Total Swim: 5 hrs

Age Group

Monday:	7.00 - 8.30 pm	Town Centre	
Tuesday:	5.30 - 7.30 pm		
Wednesday:	5.30 - 7.30 am		
	6.30 - 8.30 pm		
Friday:	7.00 - 8.30 pm	Tadley	
Saturday:	6.30 - 8.30 am		Total Swim: 11 hrs
	8.45 - 9.45 am	Land Training	

Youth

Monday:	5.30 - 7.30 am		
	6.30 - 8.30 pm		
Wednesday:	5.30 - 7.30 am		
Thursday:	6.00 - 7.30 pm	Lord Wandsworth	
Friday:	7.00 - 8.30 pm	Tadley	
Saturday:	6.30 - 8.30 am		
Sunday:	4.45 - 5.45 pm	Land Training	
	6.00 - 7.30 pm		Total Swim: 12.5 hrs

Performance

Monday:	5.30 - 7.30 am	
	5.30 - 7.30 pm	
Tuesday:	5.30 - 7.30 am	
	6.15 - 7.15 pm Land Training	
	7.30 - 8.30 pm	
Wednesday:	5.30 - 7.30 pm	
Thursday:	5.30 - 7.30 pm	
Friday:	5.30 - 7.30 am	
	7.00 - 9.00 pm Town Centre	
Saturday:	8.00 - 10.00 am Aldershot	Total Swim: 17 hrs

County

Monday:	7.15 - 8.15 pm Land training	
	8.30 - 9.30 pm	
Wednesday:	7.00 - 8.00 pm Town Centre	
Thursday:	5.30 - 7.30 am	
Friday:	8.30 - 9.30 pm Tadley	
Saturday:	6.00 - 7.00 am Tadley	Total Swim: 6 hrs

Masters

Tuesday:	7.00 - 8.00 pm	
Wednesday:	8.30 - 9.30 pm	
Friday:	8.30 - 9.30 pm	
Sunday:	7.30 - 9.30 pm	Total Swim: 4 hrs

Notes;

Swimfit masters can swim a maximum of 5 times a month

