



Timetable

The times provided are the scheduled start times for the swim sessions. Swimmers are advised to be prepared on poolside at least 10 minutes before these times, allowing for a pre-pool warm-up whenever feasible.

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Development		18:00-18:30/ 18:30-19:00 (30mins) RSSC					15:00-15:30 QDJC
Development 1		18:00-19:00 RSSC					15:00-15:30 QDJC
Development 2		18:00-19:00 RSSC				07:00-08:00 QDJC	15:30-16:30 QDJC
Development 3		18:00-19:00 RSSC				07:00-08:00 QDJC	15:00-16:30 QDJC
Juniors			19:00-20:30 RSSC	19:00-20:00 RSSC		07:00-08:00am QDJC	15:00-16:30 QDJC
Performance 2		05:30-07:00am BG* 19:30-21:00 BG*	19:00-20:30 RSSC	19:30-21:00 BG	06:30-07:30am QDJC	07:00-08:00am QDJC	16:30-18:00 QDJC
Performance 1	05:30-07:00am BG	05:30-07:00am BG* 19:30-21:00 BG*	19:00-21:00 QDJC	18:00-20:00 RSSC	06:30-07:30am QDJC 19:30-21:30 BG		16:30-18:00 QDJC
Gold	05:30-07:00am BG	05:30-07:00am BG	19:00-21:00 QDJC		06:30-07:30am QDJC	07:00-08:00am QDJC	16:30-18:00 QDJC
Seniors	05:30-07:00am BG	05:30-07:00am BG	19:00-21:00 QDJC	19:30-21:00 BG	06:30-07:30am QDJC		16:30-18:00 QDJC
Club swim				18:00-19:00 RSSC			15:30-16:30 QDJC

* Performance 1+2 swimmers can do either Tuesday am or Tuesday pm but not both.

BG- Bilton Grange School

RSSC- Rugby School Sports Centre

QDJC- Queens Diamond Jubilee Centre