# **Icon  Description automatically generatedClub 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** | 19:00-20:00(20:30) \*\***RSSC** |  |  | 07:00-08:00am **QDJC** | 15:30-16:30**QDJC** |
| **Juniors** |  | 17:00-18:00**RSSC** | 19:00-20:30 **RSSC** |  |  | 07:00-08:00am**QDJC** | 15:00-16:30**QDJC** |
| **Performance 2** |  | 05:00-07:00am**BG\*** 19:30-21:00**BG\*** | 19:00-21:00 **QDJC** | 18:00-20:00**RSSC** | 06:30-07:30am**QDJC** | 07:00-08:00am**QDJC** | 16:30-18:00 **QDJC**15:30-16:15 **Land, QDJC** |
| **Performance 1** | 05:00-07:00am**BG** | 05:00-07:00am**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**15:30-16:15 **Land, QDJC** |
| **Gold** | 05:00-07:00am**BG** | 05:00-07:00am**BG** | 19:00-21:00**QDJC** |  | 06:30-07:30am**QDJC** | 07:00-08:00am**QDJC** | 16:30-18:00**QDJC** |
| **Club swim** |  | 17:00-18:00**RSSC** |  |  |  |  | 15:30-16:30**QDJC** |

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

\*\* Development 2 swimmers have the option to stay until 20:30 on Wednesday evening.

 **BG**- Bilton Grange School **RSSC**- Rugby School Sports Centre **QDJC**- Queens Diamond Jubilee Centre