

### Squad Swimming Timetable February 2017

Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Ave Hours Available	Minimum Expected Hours
Performance 1 (PE1)	AM	05:30 - 07:30		05:30 - 07:30	05:30 - 06:45 (LC @Hillingdon)	05:30-07:30			17 / 18 + Land/Gym	12 + Land
	PM	17:45 - 20:15 incl 30 mins Land	‡ 17:00-17:35 Gym 17:45 - 20:15 incl 30 mins Land	⊖ 17.00 - 17.45 Land 17:45 - 19:10 incl 25 mins Land	‡ 17:00-17:35 Gym 17:45 - 20:15 incl 30 mins Land	17:45 - 20:15 incl 30 mins Land		15:15 - 18:10 incl 55 mins Land		
Performance 2 (PE2)	AM	05:30 - 07:30		05:30 - 07:30	05:30 - 06:45 (LC @Hillingdon)				12 / 13 + Land	9 + Land
	PM	17:45 - 20:15 incl 30 mins Land	18:45 - 20:30 incl 15 mins Land	⊖ 17.45 - 18.30 Land	18:15 - 20:15 incl 30 mins Land	18:15 - 20:15 incl 30 mins Land		15:15 - 18:10 incl 55 mins Land		
Competitive Dev 1 (CD1)	AM		06:00 - 07:00		▶ 05:30-06:45 (LC @Hillingdon)				8.5 / 9.5 + Land	7.5 + Land
	PM	18:30 - 20:00	19:00 - 20:30	⊖ 17.45 - 18.30 Land	18:30 - 20:00	17:00 - 18:30		15:30 - 17:00		
Competitive Dev 2 (CD2)	AM		06:00 - 07:00		▶ 05:30-06:45 (LC @Hillingdon)		08:30 - 10:00		8.5 / 9.5 + Land	6.5 + Land
	PM	17:00 - 18.30		⊖ 18.30 - 19.15 Land	18:30 - 20:00	17:00 - 18:30		15:30 - 17:00 *early 18:00 - 19:30 *late		
Competitive Dev 3 (CD3)	AM		06:00 - 07:00				08:30 - 10:00		6 + Land	5 + Land
	PM	17:00 - 18:00		⊖ 18.30 - 19.15 Land		17:00 - 18:00		18:00 - 19:30		
Junior Dev 1 (JD1)	AM						07:00 - 08:30		5.5	4.5
	PM	17:00 - 18:00		18:00 - 19:00		17:00 - 18:00		18:30 - 19:30		
Junior Dev 2 (JD2)	AM						07:00 - 8:30		4.5	3.5
	PM		18:00 - 19:00	17:00 - 18:00				17:30 - 18:30 *early 18:30 - 19:30 *late		
Junior Dev 3 (JD3)	AM						08:00 - 09:00 @Maltman's		4	3
	PM		18:00 - 19:00	17:00 - 18:00				17:30 - 18:30		
Academy 1 (AC1)	AM						08:00 - 09:00 @Maltman's		2.75	
	PM			19:00 - 19:45 @RMS				17:00 - 18:00		
Academy 2 (AC2)	AM						07:00 - 08:00		2.75	
	PM			19:00 - 19:45 @RMS				17:00 - 18:00		
Academy 3 (AC3)	AM						07:00 - 08:00		2.75	
	PM			19:00 - 19:45 @RMS				16:00 - 17:00 @Diving Pool		
Academy 4 (AC4)	AM						08:00 - 09:00		1.5	
	PM			18:30 - 19:00 @RMS						
Academy 5 (AC5)	AM						08:00 - 09:00		1.5	
	PM			18:30 - 19:00 @RMS						
Masters	AM						09.00 - 10.30		4.5	
	PM	20.00 - 21.00			20.00 - 21.00			19:30 - 20:30		

**Thursday Long Course Training @ Hillingdon**

- PE1 & PE2 - LC Training except first Thursday of every month
- ▶ CD1 & CD2 - LC Training only first Thursday of every month

**Land Training**

- ⊖ Wednesday Land Training @ Methodist Hall for all squads
- ‡ Tuesday and Thursday Gym session for swimmers aged 16 and over
- PE squads evening sessions include a 15 mins pre & post swim poolside land session, except for Tuesday PE2 - no post, Wednesday PE1 - 10 mins post, Sunday - 40 mins post.

**Pool Location**

Unless stated all sessions are in the main pool at Chiltern Pools.