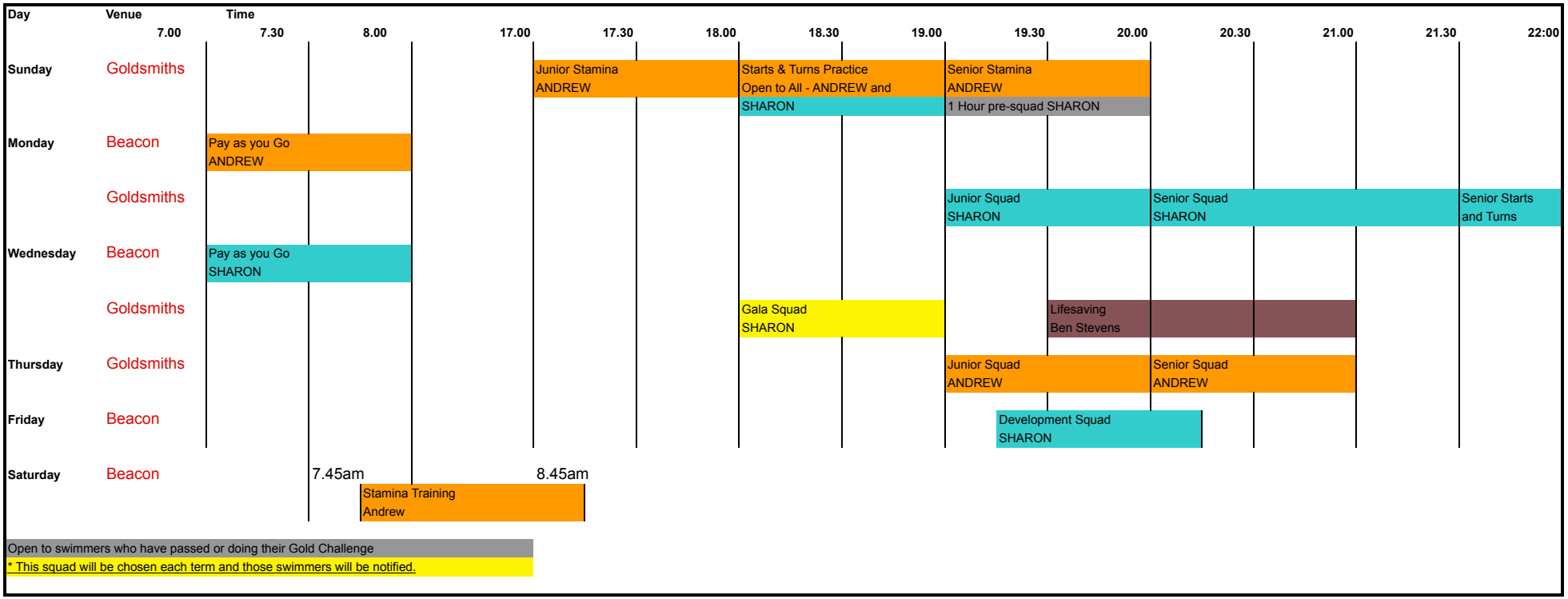
Day
Venue
Time
7.00
7.30
8.00
17.00
17.30
18.00
18.30
19.00
19.30
20.00
20.30
21.00
21.30
22:00
Sunday
Goldsmiths
Junior Stamina
ANDREW
Starts & Turns Practice
Open to All - ANDREW and
SHARON
Senior Stamina
ANDREW
1 Hour pre-squad SHARON
Monday
Beacon
Pay as you Go
ANDREW
Goldsmiths
Junior Squad
SHARON
Senior Squad
SHARON
Senior Starts
and Turns
Wednesday
Beacon
Pay as you Go
SHARON
Goldsmiths
Gala Squad
SHARON
Lifesaving
Ben Stevens
Thursday
Goldsmiths
Junior Squad
ANDREW
Senior Squad
ANDREW
Friday
Beacon
Development Squad
SHARON
Saturday
Beacon
7.45am
8.45am
Stamina Training
Andrew
Open to swimmers who have passed or doing their Gold Challenge
* This squad will be chosen each term and those swimmers will be notified.