

2016-2017 Squad Timetable

(All sessions are at the Aquadrome unless stated otherwise)

Waterpolo

Tuesday: 8.30 – 10.00 pm (Mens)
Thursday: 7.30 – 9.00 pm (JP & Ladies)
Friday: 5.30 – 6.20 pm (Academy)
Saturday: 9.45 - 10.45 am Land Training
Sunday: 8.30 – 9.30 pm (Mens)

Total Swim: 5 hrs

Disability

Friday (Performance): 7.30 – 8.30 pm
Sunday (Club & Dev 1 & 2): 6.00 – 7.00 20m pool
Sunday (Performance & Dev 2): 7.00 – 7.30 pm 25m pool

Total Swim: 1 - 1.5 hr

Development 2 (Intermediate)

Monday: 6.30 – 7.30 pm Cranbourne

Total Swim: 2 hrs

Friday: 6.30 – 7.30 pm

Development 1 (Advanced)

Saturday: 8.30 – 9.30 am

Sunday: 6.00 – 7.00 pm Group A

Total Swim: 2 hrs

Junior Club

Saturday: 8.30 – 9.30 am

Wednesday: 6.30 – 7.30 pm Cranbourne

Total Swim: 2 hrs

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

C Squad

Monday: 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: 5.5 hrs

Sunday: 6.00 – 7.30 pm

B Squad

Monday: 5.30 – 7.30 am
7.00 – 8.30 pm Town Centre
Tuesday: 5.45 – 6.45 pm Land Training
7.00 – 8.30 pm
Thursday: 5.30 – 7.30 am
Friday: 7.00 – 8.30 pm Tadley
Saturday: 6.30 – 8.30 am
Total Swim: 10.5 hrs

A Squad

Monday: 5.30 – 7.30 pm
Tuesday: 5.30 – 7.00 am Sports Centre
6.30 – 8.30 pm
Wednesday: 6.30 – 8.30 pm
Thursday: 5.30 – 7.30 am
Friday: 7.00 – 8.30 pm Tadley
Saturday: 6.30 – 8.30 am
8.45 – 9.45 am Land Training
Total Swim: 13 hrs

Performance Squad

Monday: 5.30 – 7.30 am
6.30 – 8.30 pm
Tuesday: 5.30 – 7.30 am
Wednesday: 5.30 – 7.30 am
5.30 – 7.30 pm
7.30 – 8.30 pm Land Training
Thursday: 5.30 – 7.30 pm
Friday: 5.30 – 7.30 am
7.00 – 9.00 pm Town Centre
Saturday: 7.00 – 9.00 am Aldershot
Total Swim: 18 hrs

Club Squad

Monday: 7.15 – 8.15 pm Land Training (Group A)
8.30 – 9.30 pm
Tuesday: 5.30 – 6.30 pm
6.45 – 7.45 pm Land Training (Group B)
Wednesday: 7.00 – 8.00 pm Town Centre
Friday: 8.30 – 9.30 pm Tadley
Total Swim: 4 hrs

Masters

Tuesday: 7.00 – 8.00 pm Sports Centre
Wednesday: 8.30 – 9.30 pm
Friday: 8.30 – 9.30 pm
Sunday: 7.30 – 8.30 pm
Total Swim: 4 hrs