

2017-2018 Squad Timetable

(All sessions are at the Aquadrome unless stated otherwise)

Waterpolo

Tuesday:	8.30 – 10.00 pm	Total Swim: 5 hrs
Thursday:	7.30 – 9.00 pm	
Friday:	5.30 – 6.20 pm	
Saturday:	9.45 - 10.45 am Land Training	
Sunday:	5.00 - 6.00 pm	

Disability

Friday	7.30 – 8.30 pm (Performance)	Total Swim: 1 - 1.5 hr
Sunday:	6.00 – 7.00 20m pool (Club & Dev 1 & 2)	
Sunday	7.15 – 7.45 pm 25m pool (Performance & Dev 2)	

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	Total Swim: 2 hrs
Sunday:	6.15 – 7.15 pm	

Junior Club

Saturday:	8.30 – 9.30 am	Total Swim: 2 hrs
Wednesday:	6.30 – 7.30 pm Cranbourne	

Academy

Monday:	5.30 – 6.30 pm	Total Swim: 3 hrs
Wednesday:	5.30 – 6.30 pm	
Saturday:	7.55 – 8.55 am Town Centre	

C Squad

Monday:	7.30 – 8.30 pm	Total Swim: 5.5 hrs
Wednesday:	7.30 – 8.30 pm	
Friday:	7.30 – 8.30 pm	
Saturday:	7.55 – 8.55 am Town centre	
Sunday:	6.15 – 7.45 pm	

B Squad

Monday:	5.30 – 7.30 am	Total Swim: 10.5 hrs
	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	

A Squad

Monday:	5.30 – 7.30 pm	Total Swim: 13 hrs
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	

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	
Club Squad		
Monday:	7.15 – 8.15 pm Land Training	
	8.30 – 9.30 pm	
Tuesday:	5.30 – 6.30 pm	
	6.45 – 7.45 pm Land Training	
Wednesday:	7.00 – 8.00 pm Town Centre	
Friday:	8.30 – 9.30 pm Tadley	
Masters		
Tuesday:	7.00 – 8.00 pm Sports Centre	
Wednesday:	8.30 – 9.30 pm	
Friday:	8.30 – 9.30 pm	
Sunday:	7.45 – 8.45 pm	