



Squads Timetable

September 2025 (Location Aquadrome unless specified)

National Performance

Monday	05:30 - 07:00 18:00 - 19:30
Tuesday	05:30 - 07:00 Sports Centre
Wednesday	18:00 - 19:30
Thursday	05:30 - 07:00 18:00 - 19:30
Friday	05:30 - 07:00
Saturday	07:00 - 09:00 Aldershot

Regional Performance

Monday	18:00 - 19:30
Tuesday	05:30 - 07:00
Wednesday	18:00 - 19:30
Thursday	05:30 - 07:00 18:00 - 19:30
Friday	19:15 - 20:30
Sunday	15:30 - 17:00 Aldershot

Youth Performance

Monday	19:30 - 20:30
Wednesday	05:30 - 07:00
Thursday	05:30 - 07:00 Sports Centre
Friday	18:00 - 19:15
Saturday	06:30 - 08:15
Sunday	15:30 - 17:00 Aldershot

Age Group Performance

Monday	19:30 - 20:30
Wednesday	05:30 - 07:00
Friday	18:00 - 19:15
Saturday	06:30 - 08:15
Sunday	15:30 - 17:00 Aldershot

All training sessions should start with the Aquatics GB recommended land based pre-pool warm up routines. Details are available from offthelocks.info and our website bbfsc.org/prepool

County Development

Tuesday	20:00 - 21:15 Sports Centre
Thursday	19:30 - 20:50
Saturday	08:15 - 09:30
Sunday	19:15 - 20:30

Competitive Development

Tuesday	18:45 - 20:00 Sports Centre
Friday	19:00 - 20:00 Sports Centre
Sunday	18:15 - 19:15

Age Group Competitive

Wednesday	20:30 - 21:45
Friday	20:00 - 21:00 Sports Centre
Sunday	20:30 - 21:30

Junior Masters - Competitive

Monday	20:30 - 21:30
Thursday	05:30 - 07:00 Sports Centre
Friday	20:30 - 21:30

Junior Masters - Club

Wednesday	20:30 - 21:45
Friday	20:00 - 21:00 Sports Centre
Sunday	20:30 - 21:30

Sharks Disability

Friday	19:30 - 20:30
Sunday	17:15 - 18:15 - 25m 18:15 - 19:00 - 20m

Water Polo Squads

Tuesday	18:00 - 19:00 - Academy 19:00 - 20:30 - Juniors 20:30 - 22:00 - Seniors
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Skills Academy: SQUADS 1 & 2

Thursday	16:30 - 17:15 SQUAD 1 - QMC 17:15 - 18:00 SQUAD 2 - QMC
Saturday	16:00 - 17:00 Aquadrome Booster

Skills Academy: SQUAD 3

Friday	19:00 - 20:00 Sports Centre
Sunday	17:15 - 18:15

Skills Academy: SQUAD 4

Friday	19:00 - 20:00 Tadley
Saturday	15:00 - 16:00

Club SQUAD 1: Skills Development

Friday	19:00 - 20:00 Tadley
Saturday	15:00 - 16:00

Club SQUAD 2: Skills & Fitness

Friday	20:00 - 21:00 Tadley
Saturday	16:00 - 17:00

Masters Squads

Performance & Club (All Levels)

Monday	05:30 - 07:00 Performance (1:30 cycles) 20:30 - 21:30 Club (3 Lanes)
Tuesday	05:30 - 06:30 Performance (1:30 cycles) Sports Centre (3 Lanes)
Wednesday	19:30 - 20:30 Club & Performance
Thursday	05:30 - 06:30 Performance (1:30 cycles) Sports Centre (1 Lane)
Friday	20:30 - 21:30 Sprints Club (3 Lanes)