

(National Elite Top 18 Swimmers National Qualifiers)

	Mon	Tue	Wed	Thur	Fri	Sat
AM	5.05am – 650am @ Woolston LC	5.15am – 7.00am @ Woolston		5.15am – 7.00am @ Orford Park		5.30-6.30 Land Work 6.30-8.30am @ Broomfields
PM	4.40pm Band Work 5-7pm @ Woolston Leisure Centre	5-7pm @ Woolston LC 7-8pm Yoga (specific swimmers)	5-7pm @ Orford Park	5-5.45 Land W 6-8 pm @ Broomfields	5-5.45 Land W 6-8pm @ Orford Park	

(National Development Group Time Holders 19-35)

	Mon	Tue	Wed	Thur	Fri	Sat
AM	5.05am – 6.50am @ Woolston LC	5.15am – 7.00am @ Woolston		5.15am – 7.00am @ Orford Park		6.30-8.30am @ Broomfields
PM	4.40pm Band Work 5-7pm @ Woolston	5-7pm @ Woolston LC	5-7pm @ Orford Park	5-5.45 Land W 6-8 pm @ Broomfields	5-5.45 Land W 6-8pm @ Orford Park	

‘A’ Squad

	Mon	Tue	Wed	Thur	Fri	Sat
AM	5.05am – 6.50am @ Woolston LC			5.15am – 7.00am @ Orford Park		6.30am – 8.30am @ Woolston
PM	4.40pm Band Work 5-7pm @ Woolston	5-7pm @ Woolston	5-7pm @ Orford Park		5-5.45 Land W 6-8pm @ Orford Park	

Gold Squad

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
AM		5.15am – 7.00am @ Woolston			5.15am – 7.15am Woolston	6.30am – 8.30am @ Woolston	6.00am – 8.00am @ Orford Park
PM	7-9pm @ Woolston	7-9 pm @ Woolston	7-9 pm @ Orford				

‘AA’ Transition group

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
AM				5.15am – 7.00am @ Orford Park		6.30am – 8.30am @ Woolston LC	6.00am – 8.00am @ Orford Park
PM	4-5pm @ Woolston	4-5 pm @ Woolston	5-7pm @ Orford Park	8-9 pm @ Broomfield’s Option of swimming 4-5pm with B2 squad due to early morning session			

‘B1’ Squad (12 years & under)

	Mon	Tue	Wed	Thur	Fri	Sat
AM		5.30am – 7.am @ Orford				6.30am – 8.15am @ Orford Park 8.30-9.30 Land Work @ Orford
PM	4-5pm @ Woolston	4-5 pm @ Woolston	4-5pm @ Orford	8-9 pm @ Broomfields		

‘B2’ Squad (10 years & under)

	Mon	Tue	Wed	Thur	Fri	Sat
AM		5.30am – 7.am @ Orford				6.30am – 8.15am @ Orford Park 8.30 -9.30 Land Work @ Orford
PM	4-5pm @ Woolston	4-5 pm @ Woolston	4-5pm @ Orford	4-5pm @ Broomfields		

Silver Squad (10years +)

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
AM					5.15am – 7.15am @ Woolston	6.30am – 8.30am @ Woolston	6.00am – 8.00am @ Orford Park
PM	7-8pm @ Woolston	7-8 pm @ Woolston	7-9 pm @ Orford				

'C' Squad (10& Under)

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
AM		5.30-7am @ Orford Park				6.30am – 8.15am @ Orford Park 8.30-9.30 Land Work @ Orford	6am – 8am @ Orford Park
PM				5-6pm @ Broomfields	4.30 – 5.30pm @ Broomfields		

Juniors 2 (15& Under)

	Mon	Wed	Thur	Fri
AM				
PM	8-9pm @ Woolston	8-9pm @ Orford Park		5.30-6.30pm @ Broomfields

Juniors 1 (10& Under)

	Wed	Sun
AM		
PM	7-8pm @ Orford Park	5-6pm @ Woolston

Development Groups

Sun	Sun	Friday	Wednesday
8.30-9.30am Woolston	5pm – 6pm Woolston (alternative to Sankey)	5.30pm – 6.30pm Broomfield's	4 – 5pm Orford