

Livewire Swimming Squads

National Elite

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	5-7am Woolston	5-7am Woolston		5.15-7am Orford		5.30-8.30am Broomfields/Liverpool	
PM	4-5pm Land Work			5-6pm Land Work	5-6pm Land Work		
	5-7pm Woolston	5-7pm Woolston	5-7pm Orford	6-8pm Broomfields	6-8pm Orford		

National Development

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	5-7am Woolston	5-7am Woolston		5.15-7am Orford		6.30-8.15am Orford	
PM	4-5pm Land Work			5-6pm Land Work	5-6pm Land Work		
	5-7pm Woolston	5-7pm Woolston	5-7pm Orford	6-8pm Broomfields	6-8pm Orford		

National Distance Group

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	5-7am Woolston		5-7am Woolston		5-7am Woolston	Orford/Broomfields	
PM	4-5pm Land Work			5-6pm Land Work	5-6pm Land Work		
	5-7pm Woolston	5-7pm Woolston	5-7pm Orford	6-8pm Broomfields	6-8pm Orford		

A Squad

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	5-7am Woolston			5.15-7am Orford		6.30-8.30am Woolston	
PM					5-6pm Land Work		
	5-7pm Woolston	5-7pm Woolston	5-7pm Orford		6-8pm Orford		

AA Squad

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM				5.15-7am Orford		6.30-8.30am Woolston	6-8am Orford
PM	4-5pm Woolston	4-5pm Woolston	5-7pm Orford	4-5pm Broomfields / 8-9pm			

B2 Squad

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		5.30-7am Orford				6.30-8.15am Orford/8.30-9.30am Land work	6-8am Orford
PM	4-5pm Woolston	4-5pm Woolston	4-5pm Orford	4-5pm/8-9pm Broomfields			

Gold Squad

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		5.30-7am Woolston			5-7am Woolston	6.30-8.30am Woolston	6-8am Orford
PM	7-9pm Woolston	7-9pm Woolston	7-9pm Orford				

Silver Junior (10 under) Squad

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM					5-7am Woolston	6.30-8.30am Woolston	6-8am Orford
PM	7-8pm Woolston	7-8pm Woolston	7-9pm Orford				

Silver Senior (11 over) Squad

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM					5-7am Woolston	6.30-8.30am Woolston	6-8am Orford
PM	8-9pm Woolston	8-9pm Woolston	7-9pm Orford	8-9pm Broomfields			

C Squad

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM		5.30-7am Orford				6.30-8.15am Orford/8.30-9.30am Land work	6-8am Orford
PM				5-6pm Broomfields	4.30-5.30pm Broomfields		

Warriors Junior Development Groups

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM							Woolston Group 8.30-9.30am
PM			Orford Group 4-5pm		Broomfields Group 5.30-6.30pm		Sankey Group 5-6pm Woolston