



DREAM BELIEVE ACHIEVE

Timetable from January 2015

| SQUAD | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|---|---|--|
| Senior Performance (Regional /National) - 15 & over | Teddington 6.00-7.00am | Teddington 6.00-7.00am | Teddington 6am - 7.00am | Teddington 6am - 7.00am | Richmond Borough Swim Squad Session Teddington 6am - 7.30am | Richmond Borough Swim Squad Session Richmond 6.45am - 8am | *Aldershot 8am to 10am plus Land training 10.30am to 11.30am |
| | Richmond Borough Swim Squad session PotP 7.45pm - 9.15pm | Teddington 6.45pm - 8.45pm | | Hanworth Aiparks 7.00pm - 9.00pm (by invitation) or RBSS Teddington 7.00pm - 9.15pm | St Mary's Land training 7:00 -8:00 pm | | Richmond PotP 6.00pm -8:30pm option to extend - 9.00pm |
| Junior Performance 13 - 14 yrs | Teddington 6.00-7.00am | Teddington 6.00-7.00am | Teddington 6am - 7.00am | Teddington 6am - 7.00am | Richmond Borough Swim Squad Session Teddington 6am - 7.30am | Richmond Borough Swim Squad Session Richmond 6.45am - 8am | *Aldershot 8am to 10am plus Land training 10.30am to 11.30am |
| | Richmond Borough Swim Squad session PotP 7.45pm - 9.15pm | Teddington 6.45pm - 8.45pm | | Richmond Borough Swim Squad Session Teddington 7.00pm - 9.15pm incl 15 mins stretching poolside | Land training St Marys 7:00 -8:00 pm | | Richmond PotP 6.00pm -8:30pm |
| County (Potential) 11 & over | Teddington 6.00-7.00am | Teddington 6.00-7.00am | Teddington 6am to 7.00am | Teddington 6.00-7.00am | Teddington 6am - 7.00am | Richmond PotP 6.45am - 8am | *Aldershot 8am to 10am plus Land training 10.30am to 11.30am POT+ ONLY |
| | Richmond PotP 7.45pm - 9.15pm | ##Teddington 6.45pm - 8.45pm POT+ ONLY | | Teddington 7:00 - 8:45pm or 7.40pm - 9.15pm | St Mary's Land training 7:00 -8:00 pm | | Richmond PotP 6.00pm -8:30pm |
| Academy (Junior Squad) 11 & over | | Teddington 6.00-7.00am | Teddington 6am - 7.00am | | Teddington 6am - 7.00am | Richmond PotP 6.45am - 8am by invitation | |
| | | | Hanworth 7.30-9.00pm | | | Richmond PotP 6:00pm - 7.00pm | Hanworth 4:00 - 5:30pm or Richmond PotP 6:00pm - 8:00pm by invitation |
| Development Academy + 8 - 12 yrs 3 to 4 sessions | | Teddington 6.00-7.00am | Teddington 6.00-7.00am Dev Academy ++ by invitation | | | Teddington Land training Studio 5:00 - 5:30 pm | Teddington 6.00pm - 7.30pm |
| | | | | | | Teddington 5.30pm - 6.30pm | or Richmond PotP 6:00pm - 8:00pm Dev Academy ++ by invitation |
| Development Academy 8 - 12 yrs sessions 3 | | | | Teddington 7.00pm - 7.40pm | | Teddington Land training Studio 5:00 - 5:30 pm | Teddington 6.00pm - 7.30pm |
| Advanced Dev 7 - 12 yrs sessions 2 | | | | | | Teddington 6.30pm - 7.30pm | Teddington 5.00pm - 6.00pm |
| Development + 6 -10yrs 2 sessions | | | | | | Teddington 5.00pm - 5:30pm | Teddington 4:00pm - 5:00pm |
| Development 6 -10yrs 2 sessions | | | | | | Teddington 4.30pm - 5.00pm | Teddington 4.30pm - 5.00pm |
| Development 6 -10yrs 2 sessions | | ##Teddington TP 7:15 - 7 :45 or 7:45 - 8:15pm stroke session | | ##Teddington TP 7:30 - 8:00pm stroke session | | Teddington 4.00pm - 4.30pm | Teddington 4.00pm - 4.30pm or weekday stroke session see ## |
| Club 3+ (by invitation) 13 & over | | Teddington 6am - 7.00am | Teddington 6am - 7.00am | | Teddington 6am - 7.00am | Richmond PotP 7:00 8:30pm | Teddington 7.30pm - 8.30pm |
| | | | LEH 8.30-9.30pm | | | | |
| Club 2 13 & over | | | | | | Richmond PotP 7:00 8:30pm | Teddington 7.30pm - 8.30pm |
| Club 1 & over 13 | | | | | | Richmond PotP 7:00 8:30pm | |
| Masters | Hampton 9:00 - 10:00pm | Teddington 8.45pm - 10pm | Teddington 12.30-1.30pm Developing Masters LEH 8.30 -9.30pm | Feltham 8.30 - 10pm | | Hampton 6.25 - 7.55am | Hampton Winter 5.20-6.20pm Summer 9-10pm |
| SQUAD | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Associate member Groups | | | | | | | |
| Aquatix* 10+ yrs - not open to new members | | | | | | Richmond PotP 6:00 7:00pm | |
| Learn to swim | | Teddington 6:45-8:15pm 3 x 30 min session | | Teddington 7:00-8:00pm 2 x 30 min sessions | | Teddington 4:00-7:30pm 7 x 30 min session | Teddington 4:00-7:30pm 7 x 30 min session |

* Aquatix are associate members of TSC